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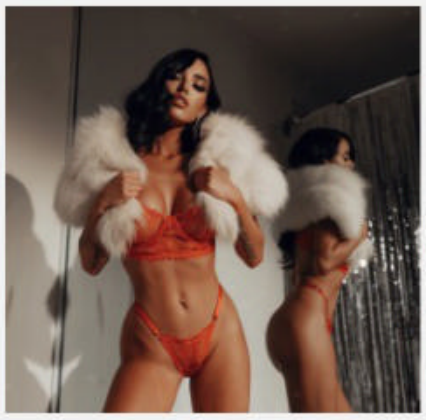

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SCREEN TIME

THE MOST BINGE-WORTHY SERIES

With most of the world currently in some form of lockdown, many of us are stuck at home trying to make the best of a bad situation. Thankfully one thing we can always rely on is our favorite streaming services delivering on some quality, binge-worthy content. Here are some of the ones we are super excited to help us through this lockdown period.

The Equalizer - CBS

A reboot of the classic80's crime series sees Queen Latifah stepping into the titular role, the part played by Edward Woodward in the original series, and Denzel Washington in a pair of gritty action movies directed by Antoine Fuqua. Robyn McCall, an enigmatic African American woman with a mysterious background, uses her extensive skills to help those with nowhere else to turn. McCall comes across to most like an average single mom who is quietly raising her teenage daughter. But to a trusted few, she is The Equalizer, an anonymous guardian angel and defender of the downtrodden, who's also dogged in her pursuit of personal redemption.

Clarice - CBS

Set one year after the events of Silence of the Lambs, Clarice delves into the complicated personal history of FBI agent Clarice Starling, as she returns to the field to pursue serial murderers and sexual predators while navigating the high stakes political world of Washington, D.C. The show will focus on her struggles dealing with the events of Silence of the Lambs and if she can pursue her career as an FBI agent with the ghost of Hannibal Lecter looming large. Sadly, due to legal reasons, the titular cannibal won't feature, however.

American Horror Story
(Season 10) - FX

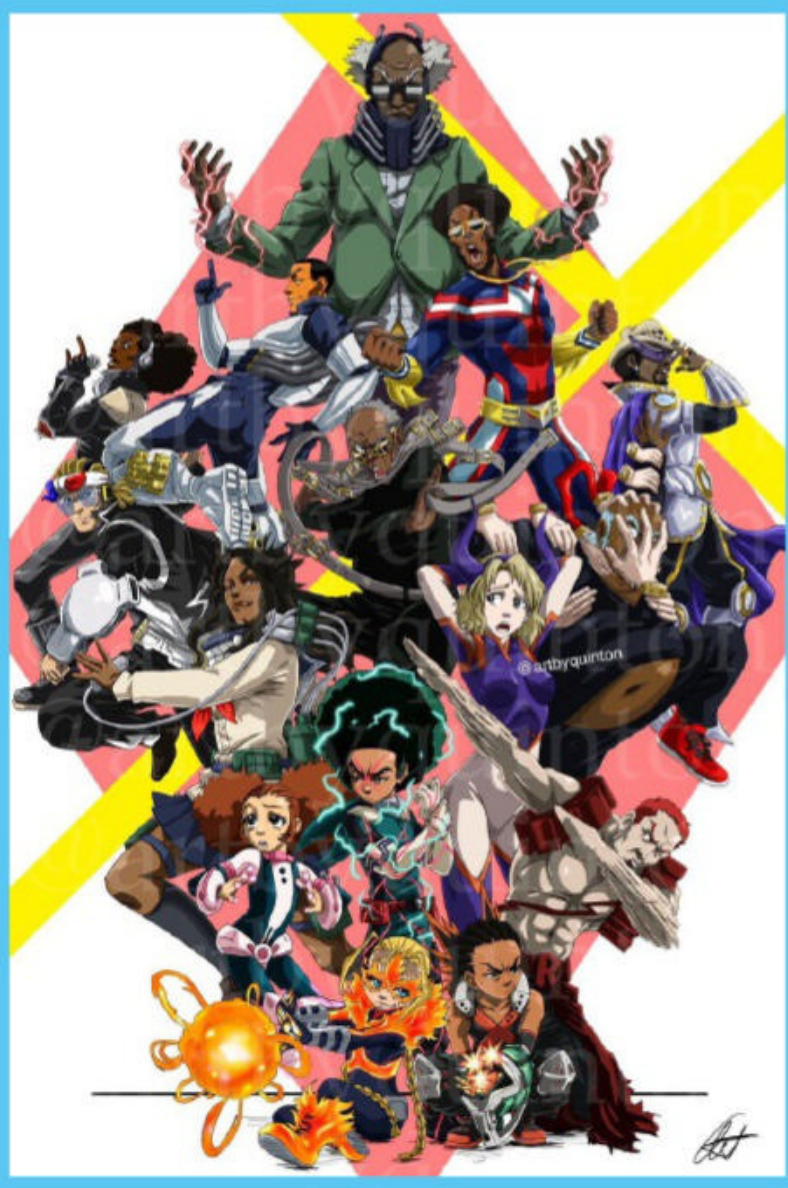
Though it's not totally clear what the theme of the landmark tenth season of Ryan Murphy's campy horror series will be, tons of series favorites, including Sarah Paulson, Evan Peters, Kathy Bates, and many more, are returning to make this cryptic seaside screamfest a special one. Get excited for whatever cast addition Macauly Culkin's role will be. Expect more of the unusual horror themes from this celebrated series.

Atlanta (Season 3) - FX

Very few shows capture the current racial and class divide in America better than the celebrated series Atlanta. Not much is known yet what season 3 will hold, but one thing is for sure, though, it's likely to continue following the ceaseless struggle of Earn and Al trying to make it and failing miserably at both the hands of the music industry, systemic racism, and Earn's own poor decision-making. Expect to see that all play out on Paper Boi's first-ever tour since Season 2 ended just as he and Earn were about to take off on a flight to Europe to join Clark County on tour.

Barry (Season 3) - HBO

Not since Dexter has a show made one care for a killer, yet Barry managed to marry humor and incredible violence into a delightful pairing. After taking out a monastery of gangsters he murdered purely out of rage in the Season 2 finale, there's now no denying that the titular hitman bitten by the acting bug is not such a good guy as he claims to be. He is not a reformed killer; he's a killer-killer. With the cliffhanger that Barry's acting coach Gene Cousineau (Henry Winkler) realizes his student's secret as he's being arrested for his cop girlfriend's murder, Barry should come back with its genre-defining humor and unsettling violence.



The Boondocks - HBO Max

Many of us will remember the true brilliance of the original Adult Swim anime-inspired cartoon featuring the misadventures of Riley and Huey. Now in 2021, we are being treated to a 2 season reboot thanks to HBO. Details are light, but we do know that Granddad and his grandsons, Riley and Huey, will have to deal with the neo-Nazis that have established a tyrannical regime in their comfortable suburb. The Boondocks never tiptoed around its bold leftist and racial politics, and we can't wait to see what's in store with MacGruder back as showrunner after stepping away in Season 4.

Dear White People
(Season 4) - Netflix

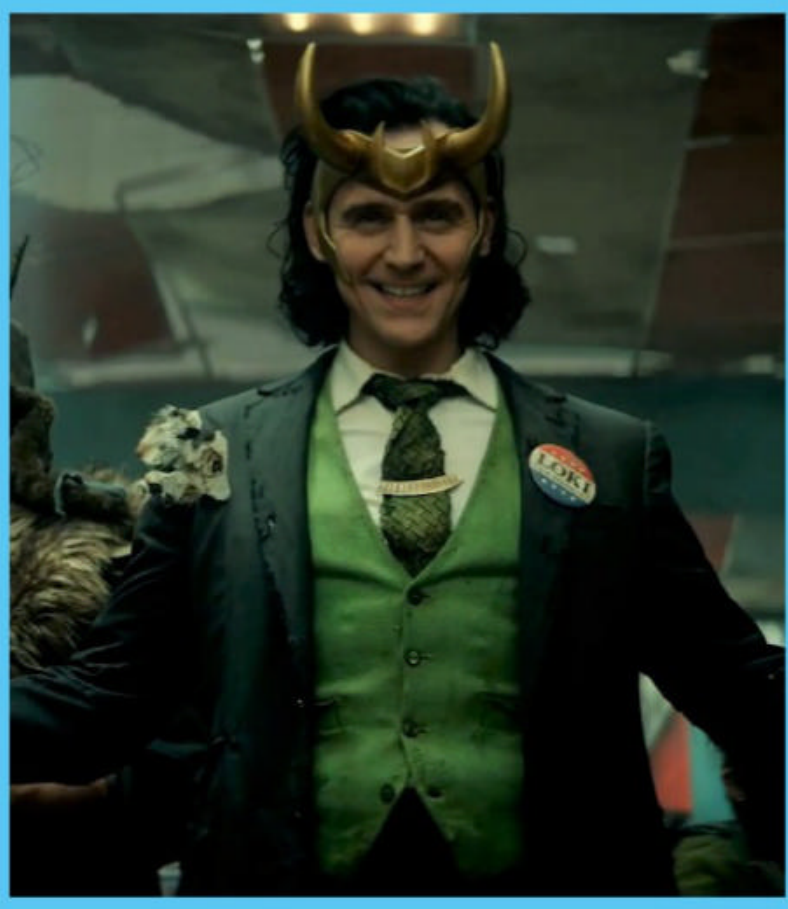
It's senior year for Justin Simien's Dear White People and the black students fighting the embedded institutional racism at the mostly white Winchester University. Before graduation day (er, the finale), radio host Sam White (Logan Browning), young politico Troy Fairbanks (Brandon P. Bell), investigative journalist Lionel Higgins (DeRon Horton), and co. clash with the mysterious secret order that maintains the university's prestige at all costs.

The Falcon and the Winter Soldier
Disney+

With the weird and wonderful Wandavision already a big win for Marvel and Disney+, the next set of Marvel series content will arrive in the form of The Falcon and the Winter Soldier. At the end of Avengers: Endgame, Chris Evans' Steve Rogers handed over his shield to Anthony Mackie's Sam Wilson, essentially crowning Wilson as the next Cap. Presumably, this Marvel show will feature Sam and Sebastian Stan's Bucky Barnes, Cap's best bro, teaming up to fight Helmet Zero and other bad guys.

Foundation - Apple TV+

To say Apple TV+ offerings have been disappointing would be an understatement, but with Foundation the biggest brand in the world might have found its first must-watch show. Foundation is a new science fiction television series based on Isaac Asimov's Foundation novels, which are regarded as among the greatest sci-fi stories of all time. Set in the far future, the show, like the novels, will follow as Hari Seldon, the inventor of a new predictive science called psychohistory, who uses it to try and both slow and limit the impact of what he sees as the inevitable collapse of the Galactic Empire. Of course, this makes some people rather nervous, not the least of which is Hari, who's not only smart enough to invent a new kind of science but also to know how the people in power will react to it.



Loki - Disney+

The Marvel TV invasion continues as everyone's favorite Asgard villain finally gets his own show. After escaping through time in Avengers: Endgame, Asgard's exiled trickster god accidentally falls in with the Time Variance Agency. The secretive organization keeps track of the various timelines in the Multiverse, tweaking some and eliminating others it deems too dangerous to exist, generally keeping the citizens of the timelines from traveling back and forth in time, and changing the past or the future. With fan-favorite Tom Hiddleston reprising his role as the trickster god, this promises to be one of the highlights of 2021.

The Lord of the Rings
Amazon Prime

The first of five very expensive Lord of the Rings seasons is headed to Amazon in 2021 as the company tries to serve up the next Game of Thrones before the next Game of Thrones (House of the Dragon) hits HBO. Set in the Second Age, this series will take place long before Frodo was running around The Shire. The biggest challenge Amazon might be facing is just how much damage did the very disappointing Hobbit trilogy do to the LOTR's franchise. If they can capture the magic of the original Peter Jackon trilogy, the Amazon might have a world-beater on their hands.

Midnight Mass - Netflix

The Haunting of Hill House is one of Netflix's most critically-acclaimed original TV series ever. And now, the creators of Hill House have teased details of another scary show, aptly named Midnight Mass.

Director Mike Flanagan, who helmed last year's The Shining sequel Doctor Sleep, will develop Midnight Mass among other shows in a deal with the streaming service. In August 2020, before The Haunting of Bly Manor hit the streaming service in October, the spooky filmmaker started shooting this new series that takes place on a desolate island and follows disturbing events that start to unfold among the community thereafter a mysterious young priest arrives.

The Nevers - HBO

Buffy creator Joss Whedon returns with The Nevers. A drama about Victorian women with supernatural powers. Not much is known about the show so far, but if it captures the magic that was Buffy then The Nevers could be a massive hit for HBO. Although Whedon departed the show recently due to various allegations, the show itself should not be affected. Here's hoping for a Victorian-era Buffy.

The Old Man - FX on Hulu

Jeff Bridges stars in this thriller about a retired CIA officer who wants to live off the grid but keeps getting pulled back into the shady world he thought he left behind. Adapted from a novel by veteran genre writer Thomas Perry, and co-starring John Lithgow, Amy Brenneman, and Alia Shawkat, the show, think True Grit meets The Americans, is still scheduled for 2021, even after Bridges announced during production that he'd been diagnosed with lymphoma.

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MUA Stacy Salazar | @makeup_bystacy

Production Team @tastycontentstudio

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By Samantha Jack

My name is Lily Andrews and I live in Southern Californ-nia. I’m a 31 year old model and nursing student.

FHM

There's always the usual fitness and upkeep to prepare for any shoot. For this shoot specifically, there was more focus Happy to have you featured on FHM! Tell us what are some of the things you did to prepare for this shoot? The most important thing for images to translate well is to be in a healthy headspace. I prepare for this by surrounding myself with an amazing team. There's also something to be said about working with a strong woman photographer- I love Ashlee so much!

You've got an amazing figure and beauty about you, we're keen to know what you would say is your favorite physical feature about yourself and why? I would have to say I love my smile! No better icebreaker than a genuine and warm smile.

Being a glamorous model must have it's perks, what are some of your most memorable experiences in your career? Traveling the world has to be my favorite perk with modeling. I've also met some of the most amazing women- friendships that will truly last a lifetime.

What would you say sets you apart? My drive! When I want something I go for it with all I've got. Whether it's modeling, nursing school, or someone I want to date.

On the topic of men, what was the complete best, and worst first impressions you've got on a first date? The worst is when someone is too flashy and talks about their money. I think it's extremely tacky. Someone who is secure in themself doesn't need to talk about how great they are, it will show through actions. The best first impression is chivalry! I love having my car door opened, having my coat removed when I have a seat etc.. It's really a small gesture that has such a big impact.

What would you say is the most surprising thing about you that not many people know? I'm a huge nerd! I love gaming on pc and console, comic books/ graphic novels, cosplay and anime. I'm launching my Twitch and can't wait to connect with people through gaming. Make sure to add me, same handle as my Instagram.

If you had to choose, would you say money and wealth determines success, or is it one's personal achievements and happiness? I'm driven to make money! I want to live a certain lifestyle and I'm not afraid to work hard for it. That being said, I pride myself in balance. I think it's absolutely possible to be wealthy, distinguished and happy. Why not have it all.

On a more personal level and in an ideal world, where do you see yourself in five or ten years; time in terms of family life, career, or both? Definitely both! I would love to be married, have a child or two, be a homeowner and still growing in my modeling career. I don't ever imagine a day where I stop.

2020 was a challenging year for us all, what advice would you give to other models or aspiring models out there in light of all the challenges faced? I would say learn to adjust. Learn to work with what you have in the moment. Buy a ring light/ tripod/ a remote and shoot at home. Never stop growing. The only constant is change and this won't last forever.

Any final words to our readers on what to expect from you this year? I'm waiting on news from several universities about acceptance into a nursing program. By the end of the year I'll be starting my program for RN, I'll have several additional modeling titles (currently in the works), and will continue growing in the industry.

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UPGRADED!

HITMAN III

HITMAN 3

Over two decades ago, a game was released that allowed you to live out your deepest, darkest assassin fantasies. This game was simply called Hitman. You played as Agent 47, a bald emotionless assassin that traveled the globe to take out the worst humanity had to offer. The game itself was a bit broken and buggy at times, but the true potential was there for everyone to see. 20 years later and 7 games under their belt, IO Interactive has finally hit the pinnacle of the series with the release of Hitman 3, but what makes this series so special and why is this game seen as arguably the best in the series?

The Hitman series saw a soft reboot in 2016, going back to what made the series so unique after the rather bland Hitman: Absolution from 2012. The premise is simple, you are a hitman out to assassinate specific targets in specific ways. However, you are put in a massive sandbox level and how you take out your target is up to you. Do you sneak around, gather intel, and make the whole thing look like an accident as you casually walk out the front door, everyone none the wiser to your dastardly acts? Or do you go in all guns blazing, killing everyone in sight and leaving a trail of bodies in your wake? This is the magic of the Hitman series, you get to play however you see best. Now in 2021, the series has hit its pinnacle with Hitman 3. Arguably the best game in the series and a strong contender for game of year.

As Agent 47 embarks on the most important contracts of his career, you'll be in full control of his deadly abilities, razor-sharp instincts, and an entire arsenal of weapons and tools. You'll need them all to master the art of assassination. Hitman 3's sandbox locations give you complete freedom to approach your objectives in any way you want. As well as the new multi-function camera, you'll also be able to interact with the game world in new ways to access new opportunities and paths through each level. As you explore each mission and complete challenges, you'll rise through 20 Mastery tracks that will unlock new tools, weapons and even Starting Locations that will let you begin your next playthrough with a big advantage – possibly even in a disguise. All of the items and weapons that you unlock in a Mastery track are added to your permanent inventory, so you'll be able to pick and choose from them no matter what mission you want to take on next.

Agent 47's adventure will take him around the world to six unique locations across three continents, where he'll take on the most important contracts of his entire career. Each location has been crafted to deliver a unique and memorable gameplay experience, from the game's first mission at the tallest building in the world through to the dramatic epilogue that concludes the trilogy in style with a narrative-focused finale.

Hitman 3 is a fantastic game that takes everything that makes this series so special and builds on it. If you've been a fan of the bald assassin then this game is a must-play, plus if you own Hitman 1 and 2, you will be able to import those levels into Hitman 3 at no extra cost. It's a fantastic package and the first great game of 2020.

THE MEDIUM

With the next-gen consoles finally upon us, many gamers are itching to get their hands on those console exclusives that will take full advantage of their shiny new gaming machines. Unfortunately due to the crazy times, we are living in, a lot of these exclusives were pushed out to dates later in 2021. However, the first true Xbox Series X/S exclusive is finally here but does it live up to its next-gen tag?

The Medium is a third-person psychological horror game that features an innovative dual-reality gameplay, unique art style inspired by painter Zdzisław Beksiński, from the creators of well-known pants soiling games like Layers of Fear and Blair Witch.

Discover a dark mystery only a medium can solve. Explore the real world and the spirit world at the same time. Use your psychic abilities to solve puzzles spanning both worlds, uncover deeply disturbing secrets, and survive encounters with The Maw - an entity born from an unspeakable tragedy. Become a medium living in two different worlds: the real one and the spirit one. Haunted by the vision of a child's murder, you travel to an abandoned hotel resort, which many years ago became the stage of an unthinkable tragedy. There you begin your search for difficult answers. As a medium with access to both worlds, you have a wider perspective and can see more clearly that there's no one simple truth to what others perceive. Nothing is what it seems, everything has another side. Wield unique psychic abilities reserved for those with the gift. Travel between the realities or explore them both at the very same time. Use the Out of Body experience to investigate places where your real-world self can't go. Create energy shields and deliver powerful spirit blasts to survive the spirit world and its otherworldly dangers.

Developers Blooper Team has gone all out with their next entry, stepping away from their usual first-person horror scares into a third-person psychological horror. The unique take of playing across planes of existence is something we haven't seen before in gaming and it's such an interesting mechanic that sets it aside from its peers in the horror genre. As a next-gen title, however, The Medium is a bit disappointing from a visual aspect. There are certain parts that look amazing and make you feel all warm and fuzzy about your new machine, then there are parts that might make you wonder if you booted up your old Xbox One. Also, the setting doesn't really help as it's mostly set in dark dreary locations as per psychological gaming standards.

However, setting those disappointments aside, The Medium is an incredibly fun game to play. It's unusual gameplay and unique two world mechanics is a breath of fresh air in a genre that can sometimes feel stale. If you own a PC or an Xbox Series X/S then you must definitely check this out, especially since it will be on Game Pass from day one of its release.

THE GREATEST SERIES YOU MIGHT NOT HAVE PLAYED YET.

Throughout gaming's history, there have been titles that captured the imagination of gamers throughout the world. From the legendary Mario brothers series to first-person shooters like Halo and Call of Duty to story epics like Gears of War and Uncharted. These are games that are seen as the greatest of all time, games that helped shape the gaming landscape to what it is right now. Yet very few gaming series packs in drama, humor, and gameplay into one single package like the Yakuza series. This uniquely Japanese series was first released on the PlayStation 2 in 2006 to much fanfare in the East, but with hardly a mention here in the West. Since that initial launch, the Yakuza series continued to grow into one of the best and most consistent series ever to grace a console. And now in 2021, it's grown into one of the most revered series in gaming history. Yet it's still seen as an outsider compared to the big hitters currently dominating the gaming charts. So why should you care about this underdog of a series and why is this one of our favorite games ever made. Here is s list of all the reasons why you should play Yakuza right now.

THE STORY

Yakuza tells the story of Kazuma Kiryu, a young Yakuza soldier with a heart of gold looking to build his way up in the Tojo clan, a Yakuza organization set in the fictional Tokyo district of Kamurocho, based on Kabukicho, the real-life entertainment and redlight district of Tokyo. His story throughout the series sees him rise through power, take on the most dangerous yakuza of the Japanese underworld, and discover the value of friendship and family. This description is of course massively basic as the actual game story is a deeply involved journey of betrayal, self-discovery, and loss. Yakuza has a very intricate story that spans across all seven entries and can be quite a tough barrier of entry for newcomers. But fortunately now with the entire series available on Game Pass, newbies can jump straight into the brilliant Yakuza 0, the prequel to the original Yakuza game, that sets up the story of Kazuma Kiryu brilliantly. Think of the Yakuza as your favorite binge-worthy series and multiply it by a million. It has twists and turns by the boatload, from heartwarming moments to genuine intrigue to incredible heartbreak. This series has got it all. Of course, the story means nothing without a set of engaging characters.

THE CHARACTERS

Kazuma Kiryu is perhaps one of the greatest game protagonists ever created. This stoic anti-hero goes from an idealistic young yakuza to one of the most powerful and respected people in Japan. He is a man that will punch his way through the toughest people in the game, yet will take time out of his busy yakuza schedule to help a young girl find her teddy bear. And that is what makes Kiryu-san so unique. He is a multi-layered protagonist that has his strengths but also his weaknesses. Regardless of the situation, Kazuma will also do the right thing. He is of course

supported by a fantastic set of supporting characters. From the fan-favorite Mad Dog of Shimano, Goro Majima, the eye-patch wearing, knife-wielding maniac that is part nemesis, part friend to Kazuma, to Haruka Sawamura, the adopted daughter of Kazuma. Together Kazuma and Haruka start Sunshine Orphanage in Okinawa, a safe place for young orphaned children. Each game in the series introduces new side characters that are as memorable as any of the main cast, and characters that will stay in your memory for a long time.

THE HUMOR

So far one would assume that the Yakuza series is a serious, dower look at the Japanese criminal underworld, and yes a lot of it is. Yet these games are filled with exceptional and often over the top humor that perfectly slots in next to the seriousness of the main story. This often comes through in the unique and brilliant substories Kiryu-san will find on his adventures throughout Japan. From helping a dominatrix rediscover her passion for beating the hell out of willing businessmen, to helping a struggling company by dressing up in their mascot outfit and entertaining kids, it's the sub-stories that truly bring out the personality of the series. There will be moments that you find yourself thinking "What did I just witness?" only for Kazuma to express that same feeling. Each Yakuza entry is filled with these crazy sub-stories and it's always a treat when you stumble on one of them on your travels through Kamurocho. You will find yourself laughing out loud more often than not and breaks the tension of the main campaign.

THE LOCATION

Unlike more traditional open-world games like Grand Theft Auto, every Yakuza game is set in Kamurocho as its main hub. Now some may feel that this is boring revisiting the same city every game, but Kamurocho starts to feel like home after a while. There is a certain charm to walking the same streets of a city you know so well, seeing how it's changed through time, and even finding yourself feeling a bit sad if one of your favorite shops have closed down over time. It's something that Yakuza does so well, it takes a fictional city and makes it one of its most important characters. Of course, Kamurocho is not the only location in the Yakuza games. Each entry also takes you off the fictional cities set in Osaka, Yokohama, Okinawa, and Hiroshima. And each one of the locations oozes personality and feels considerably different from each other. There is a certain sense of wonder as you walk the streets of fictional locations. Truly capturing the uniqueness of each of these Japanese settings.

Of course, we have hardly scratched the surface about what makes this game series so unique and wonderful. There are all the activities one can find, from playing golf to playing old arcade games like Virtua Fighter. There are the business challenges from buying up properties to managing your own hostesses club to helping out the homeless in a fun can collecting mini-game. There is also the brutal combat, where Kazuma lets his fist do the talking and crazy heat actions. These are special moves that you pick up through the game, from smashing your opponents with a bicycle you picked up from the street throwing the trouble-causing yakuza off a bridge, only to land groin first on a passing boat.

Yakuza is over the top and it's brilliant for it. If you have not ventured into the complicated but fascinating world of Yakuza, now is your chance to play every single entry thanks to Xbox's Game Pass. Come visit Kamurocho and fall in love with one of the weirdest, heartwarming, and over the top gaming series in history.

BEST TECH

CES 2021

CES is the most influential tech event in the world, the proving ground for breakthrough technologies and global innovators. This is where the world's biggest brands do business and meet new partners, and the sharpest innovators hit the stage. And 2021 once again provided some amazing new tech from some of the world's leading companies. Here are some of our favorite reveals from this year's event.

Mercedes-Benz Hyperscreen

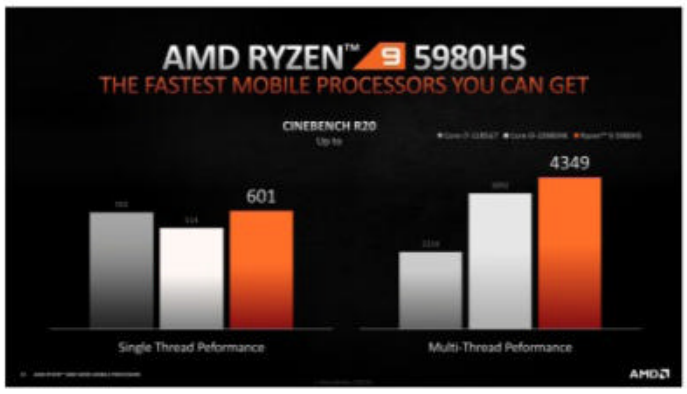
Mercedes Benz has always been at the forefront of new car based technology and with the new unveiling of its Huperscreen, the german giant once again proves why it's the leader in its field when it comes to car-based tech. At 56 inches, the Hyperscreen spans from driver to passenger side doors, effectively replacing the entire cabin control system including the driver's instrument cluster as well as the central infotainment and navigation panel. It even includes a secondary side screen area providing a viewing panel to passengers in the front seat. Powered by an integrated eight-core CPU with 24GB of RAM, the hyper screen shouldn't have much difficulty displaying almost anything you can throw at it. And unlike other all-in-one EV displays, the Hyperscreen is specifically designed to be as easily accessible as possible with its most important functions set to the home screen rather than buried in the menu structure.

Samsung JetBot 90 AI+

Robot vacuum cleaners might not be high on the list when people think of exciting new tech but the announcement of the Samsung Jetbot 90 AI+ has got us excited. When it wants to discern the optimal path around your home, it uses a LiDAR array that scans its surroundings and tucks away when the JetBot needs more headroom. When it comes across stuff on the ground, the JetBot uses its 3D sensors and AI image recognition to decide how best to tackle it all. And when the JetBot detects something you might want to see, like a pet in motion or a person walking around, it'll push a notification and a video clip to your phone. The technology behind this is mind-blowing and not only will you have the cleanest house in the neighborhood, but you'll own one of the smartest pieces of tech on the market.

LG Rollable Smartphone

Many might feel that smartphones have hit the ceiling when it comes to innovation, and based on the last few years they won't be wrong. A better camera and bigger screen does not excitedly set the tech world on fire. But this year at CES South Korean tech giants LG wowed the audience with more information on its rollable phone. But what exactly is it? A rollable phone works kind of like a paper scroll, where two halves would be pulled apart to reveal more of the flexible screen, which can be hidden in the body of the phone. LG only showed a combined 10 seconds of the LG Rollable to start and end its press conference, but the footage shows a phone with two sliding halves and a "growing" display. It looks exactly like the Oppo and TCL designs, except it will be a real product. LG claims that the rollable smartphone will be released this year and hopefully bring a new wave of excitement to a stagnating smartphone landscape.



AMD Ryzen 5000 mobile CPUs

With next-gen consoles incredibly hard to come by these days, becoming a PC gamer is looking more enticing by the second. Especially with the latest offerings from AMD in regard to their mobile CPUs. Laptop gaming has come a long way and with these new chipsets, these laptops will rival even their powerhouse desktop brothers. The Ryzen 5000 series mobile chips are based on the same Zen 3 core as its class-leading 5000 series desktop chips, which offers large performance-per-watt improvements over Ryzen 4000's Zen 2 cores. Topping out at the eight-core, 16-thread Ryzen 9 5980HX, the new processors are able to hit max boost speeds of up to 4.8GHz on a single core. There's also a new line of more economical "U" processors, which are more powerful than last year's 4000U series but won't burn through your laptop's battery: AMD claims laptops fitted with its high-end ultra-portable chip, the 5800U, will last "up to 17.5 hours" in general usage.

LG C1 OLED TVs

For the past several years, LG's OLEDs have been the cream of the crop for anyone who demands the best TV quality. Unlike LCD TVs, OLEDs don't require a backlight. Instead, each individual pixel can turn itself on and off, allowing them to display pure black levels in ways that LCDs still can't match. This year, LG has upgraded its new C1 lineup with a new image processor, the Alpha 9 Gen 4, which can "analyze and optimize" content on a scene-by-scene basis. LG says the C1's panel hasn't changed much from last year's CX, but given just how good those sets were, we're not too disappointed. The C1 line is also fully HDMI 2.1 equipped, and it can virtualize 5.1.2 surround sound with its built-in speakers.

Sony Airpeak Drone

For years now, drones have become part of life for many a filmmaker, YouTuber, or casual user, with its costs coming down dramatically over time and quality improvements by the boatload. So it's no surprise that one of the biggest names in consumer technology has finally entered the market.

The newly unveiled Airpeak system is a business-focused aerial platform, launching this spring. Details are sparse, but it's exciting to see a household name enter the space, especially one with deep ties to the film industry. The quadcopter is strong enough to carry one of the company's Alpha mirrorless cameras yet Sony claims it's the smallest craft to be able to do so. Sony even claims Airpeak uses AI for improved stabilization. The fact that the legs fold away on takeoff, similar to DJI's Inspire line, just makes it that much cooler.

PARADOX

Too much of a good thing makes you go blind!

By Ian Kirke | Twitter @ianjkirke

If you prefer Kellogg's cornflakes in the morning your libido may take a knock when you realize that the cereal mastermind Dr. John Harvey Kellogg, allegedly, maintained that his creation would alleviate the desire to wank. It is true that he was, according to many historians, a little prissy when it came to engaging with pleasures of the flesh and promoted the notion that a bland diet was one of several methods in which the desire to masturbate could be lessened. Nonetheless, folklore led to the lingo that bashing the bishop or paddling the pink canoe would ultimately make you lose your sight. Recent anecdotal evidence typified by Kit Maloney, founder of female pleasure company O'actually, declared that a morning Barclays Bank improves levels of concentration, reduces stress, and even makes your skin glow. Having reflected upon this argument during my morning sprint through The Times crossword, chilled to the core whilst reflecting the sun handsomely from my bald head I am, on balance, persuaded. But in fairness to the good Doctor were his intentions that farfetched? Wasn't he simply trying to protect us from our own tendency to act in often peculiar ways when we respond to our own fun time chemicals stored inside our brains?

Arousal doesn't originate exclusively from sexual activity. You can get excited, enraged, and shocked as a direct result of other stimuli including social media. A hot topic engaging in political, humanitarian, sociological or climatic issues, amongst others, neatly wrapped up in a colorful meme or punchy one-liner can often raise the heckles as they seek to steer the observer to one side or the other. The perceived good or bad. Extreme right or left. Leaving the middle ground of compromise, compassion, and collaboration marooned and seemingly outmoded. This is terrifying since these issues are almost always complex and nuanced and the vast majority of us are, I would argue, more centrist leaning once we have the complete picture. This propaganda has an immediate effect on our psyche since physical changes occur immediately. The heart rate increases, the sympathetic nervous system which orchestrates the natural response to a stressful situation goes into overdrive with a dumping of hormones directing blood to the main muscle regions preparing you to run away or fight. Blood flow to the brain decreases since the only crucial cognitive functions at that moment are limited to those two options therefore significantly downgrading decision making and enhancing impulsivity. Having then made a decision in haste the often-tribal nature of choosing sides propagated by social media makes it difficult to don another scarf. Phew!

What the fuck ever happened to a slow time review of the Sunday newspapers whilst sipping tea? As the declaration, "I think, therefore I am", coined by the French philosopher René Descartes, applies to us all, surely none of us would ever get drawn into such a circus? What idiot would fall for this notion? I mean, for fucks sake! Enter stage left ...

Sometime in August 2009, I dipped my toe into the new fad of social media. My company set up a Facebook page and I became an administrator. My name accompanied a grey silhouette and my details tab remained uncluttered since I had no intention of conducting any other activity. Shortly after going live, a strange thing happened. I began to get a flurry of 'friends requests'. Even stranger still these unsolicited messages were predominantly from ladies residing in Yorkshire and the North-East regions of England. After double-checking that I had not inadvertently registered onto to a swingers site I entered my name into Google and solved the puzzle. The Ian Kirke they were seeking was an athletic Greek God looking professional rugby league player who was then playing for Leeds Rhino's in the Super League. Once I uploaded my chubby little face the interest from the opposite sex up North unsurprisingly stopped.

I had previously brushed it aside as something my kids did, but now, having seen the funny side and the volume of sporting pages, I was intrigued with this social media thing. Adam, my son, had over a thousand 'friends' on Facebook. Who the fuck had that many friends I chuckled as I struggled to use the fingers on both of my hands to tally up my immediate friendship circle? My daughter Lucy on the other hand was somewhat more elusive, locking down any attempt by me to interrogate her timeline. As a nosy parent, I felt justified in creating a proper profile in order that I could legitimately stalk them. A trickle of friends and old work colleagues then linked up with me and the benign bollocks of catching up with people I had never much liked in the first instance gathered pace. I joined the Notts County fan pages and a few Speedway clubs to keep up to date with the latest gossip and even 'liked' a few pages to benefit from news updates. The morning ritual of a scroll whilst having a dump became the norm and I was actually enjoying the experience. However, the wider I cast my net of friends the more I began to notice that the shit I had to deal with wasn't just emanating from my arse. Being nuts was once a niche pursuit but now, thanks to Facebook at least, it was becoming mainstream. In the olden days political, medical, and humanitarian conspiracists were usually snuffed out before their bollox got any traction yet Facebook provided a platform for the crazies! How fucking stupid were these people? Wankers I thought and smiled as I completed the paperwork prior to standing up. Then the gravity of the situation hit me. I had invited these fuckwits into my life! The agony of then deciding to jettison them from my growing circle of cyber chums became a real dilemma. On one hand, keeping tabs on the nutters gave me a giggle and allowed a counterbalance to my views. As a seasoned reflector I appreciate the notion of exploring opposing views, triangulating the evidence, and reaching, I hope, a reasonably balanced point of view. Yet in the early stages of my Facebook life, I could not quite handle the psychology behind 'unfriending'. Researchers at the University of Colorado Denver coined the phrase "context collapse" to edify the real emotion associated with, from a pragmatic point of view, a simple yet devastating click of a button. Indeed, being unfriended led to feelings of surprise, worry, amusement, and sadness.

There have been three of four occasions where I have activated the delete my account option as I have got so utterly sick of Facebook. Every time I did so the process reminded me of what I would be missing. On dating the social media devil all those years ago I had made an unconscious pact. The flow of positive data, for example, the football and speedway feeds and humorous exchanges with the more sensible friends came with the negative spews from individuals who I had become connected to. Like a delicately balanced pendulum, I was firmly in the social media paradox: I can't live with it yet I can't live without it. On the one hand, I liked the immediacy of other social offers, a pizza delivered to my door, a taxi at the press of a button, eBay, Amazon, and so on. But somehow my mental reasoning balked at the thought of accepting my news agenda in the same fashion. Had this something to do with my education? Perhaps. Undergraduate work in Law followed by post-graduate research into criminology and criminal psychology had exposed me to the notion of delving below the surface and often arguing from opposing

sides to form a more definitive rationale, even if my final conclusions were not shared by everyone. But that wasn't the point. I could at least rest more easily knowing that my decision-making processes in life had a greater degree of rigor even if the resultant outcomes weren't always spectacular. Yes, even thoughtful, conscientious, and deliberate thinkers can often fuck things up!

The trigger point that better equipped me to personally deal with the Facebook puzzle was a political shitstorm that became mainstream around the beginning of 2016 and still engulfs the United Kingdom: BREXIT. A complex relationship between twenty-eight countries that engaged with trade, residency, security, research, health, finance, and a myriad of other social and economic issues gripped Facebook and was cleverly expressed, by the pro-leave campaign, in three words: Take back control. Explaining how to boil an egg would have a greater number of words. Yet that was the genius of the campaign which totally outwitted the incumbent Government and for a considerable time afterward paralyzed the mother of all Parliaments taking with it the heads of two Prime Ministers. The answer to how the fuck could social media do that is, on reflection, pretty easy since Facebook, in particular, had evolved into the information highways equivalent of a McDonald drive through. Give it to me short, sharp and at speed. The victims of this methodology are usually thoughtful debate, eloquence and, very often, the truth. The important stuff that Facebook has taken away from us without so much as a murmur. A multifaceted conundrum was distilled into, are you in or out? Would you like fries with your burger? Extra topping on your pizza? Coke or Fanta?

In hindsight I rather stupidly allowed myself to be goaded by the more vociferous Facebookers and took it upon myself to offer certainty. Clear myths and darn right lies were often met with further entrenched thinking. Was social media making great swathes of the country blind to the power of rational debate? Had unabated wanking at the altar of Facebook proved Dr. Kellogg right? When Charles

Darwin said, “Ignorance more frequently begets confidence than does knowledge: it is those who know little, not those who know much, who so positively assert that this or that problem will never be solved by science.” did he have a premonition that one-day humanity would seek to decide on matters of great significance by simply shouting utter bollocks?

So, what have I learned that has better equipped me to circumnavigate Facebook World without having to leave it in a huff? Firstly, choose your friends carefully. Secondly, as Mark Twain so wonderfully put it, “Never argue with an idiot. They will drag you down to their level and beat you with experience.” Lastly, heed the advice of another sage, Rudyard Kipling who created the ideal format to conquer most cases of fake news: “I keep six honest serving-men (they taught me all I knew); Their names are What and Why and When and How and Where and Who.” In other words, interrogate the information in your head and if there still remains doubt then that is excellent as it will encourage you to investigate further from reliable sources and not Steve from Scunthorpe who believes that COVID-19 is a hoax created by all the Governments of the World who suddenly decided to harmonize their thinking simultaneously. Or Colin the conspiracist who only has to prove coincidence to prove his 5G theory.

The contradiction has always fascinated me, and this is, I guess, largely due to my legal background where most laws will have a defense, case law will often usurp the status quo, and the defense argument will always be at odds with the prosecution. Consequently, to counter the angst that Facebook has previously caused me I take great joy in rebelling when uploading a post. Plumping for satire as the primary vehicle of engagement with the issues of the day I am better able to maintain my sense of perspective and mental wellbeing. As a kid, I was on the shy side and to be the butt of any joke or the center of attention was too horrific to even contemplate. The child within still has a voice albeit this side of my personality has been moderated by the realization that a healthy dollop of self-deprecation doesn’t do the ego any harm at all. Taking the piss out of myself ironically makes me mentally stronger and more

emboldened to leave my already shallow comfort zone. I am also collecting material for my future stand-up routine and what better way than to trial my material on the warmup circuit of Facebook? Since discovering that I can tag any location in the World to my photographs I must be confusing the intelligence services by regularly dropping into The Kremlin, The White House and 10 Downing Street. According to Facebook my current occupation is crocodile bait at Solar Whisper Daintree Riverboat Cruises in Wonga, Queensland, Australia after ditching the Hammock testing position. I proudly announce that most of what I post is 0% true and I wouldn't trust the rest of it either. To have my page liked by Huawei is my ultimate goal.

Now that I have my Facebook rules I can enjoy the good stuff that it has to offer. However, I remain alert as even with robust countermeasures a left-field attack can occur in the most benign of circumstances. For example, a recent and wholly innocent message, sent by me, to a contact on messenger seeking data for a forthcoming article subsequently became a posted screenshot with the title 'WTF?' encouraging a barrage of disparaging comments. An intervention by a concerned friend sought to calm the probable shit storm before the protagonist deleted the post. Yet the shock and awe that can be Facebook amplified the horror of online assassination even if the message and source are genuine. I have little doubt that any warped, malicious, and wholly false statement given the power of unfettered circulation will inevitably raise the thumbs up acknowledgment from some Facebookers. Scale-up this type of reinforcement and it becomes a truth. As the Nazi Joseph Goebbels said, "If you tell a lie big enough and keep repeating it, people will eventually come to believe it." I sometimes wonder if social media has achieved the status mooted by Karl Marx and finally become the opium of the people?

Yet I would never want anyone to feel constrained by what I have rambled on about. Make up your own mind. Indeed, you may think why should we be worried? I would counter that by stating that we should be since life isn't that simple. Why the fuck did we spend years at school learning stuff only to accept the easiest routes? How easy has your life been? As straightforward as a three-line piece of jingoism or a cleverly photoshopped image? Just remember that one day your way of life may be under attack with one-liners and smoke screens of shit. If you think I am overdramatizing the issue then consider, for a moment, the sage words of former Google Chief Executive Officer Eric Schmidt. At a Wall Street Journal conference on 21st October 2020 he said, "the context of social networks serving as amplifiers for idiots and crazy people is not what we intended."

I think the cereal man got it right. Too much of a good thing may just be your ultimate undoing and make you more than just blind.

Be a responsible Facebooker! Don't be a wanker!

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LAYLA Hayek

Model | @laylahayeknyc
Photography by Alex Dolan | @alex.j.dolan
MUA Rue mendaz | @Ruemendaz
PR LSA Publications | @leo.alderman @lsapublications

By Samanatha Jack

Happy to have you featured on FHM! Tell us what are some of the things you did to prepare for this shoot? Tanning, working out, meal prep just some basic stuff.

You've got an amazing figure and beauty about you, we're keen to know what you would say is your favorite physical feature about yourself and why? Oh it's my inner hell to talk about myself but I guess I get a lot of compliments on my eyes.

Being a glamorous model must have it's perks, what are some of your most memorable experiences in your career? I would say my first photoshoot was special. It was my first!

What would you say sets you apart? The part that sets me apart is I know I'm just another beautiful girl in a beautiful world.

On the topic of men, what were the complete best, and worst first impressions you've got on a first date? Best or worst I would say it was ours and not the publics. I do not like sharing details. Next question.

What would you say is the most surprising thing about you that not many people know? I try to be wise, thoughtful, worldly, loving, passionate about life, living it well, and yes I've been a bit blessed.

If you had to choose, would you say money and wealth determines success, or is it one's personal achievements and happiness? I think success looks different on everyone, I'd say a healthy balance of all of the above is a good speed.

On a more personal level and in an ideal world, where do you see yourself in five or ten years; time in terms of family life, career, or both? Probably sitting on some boards and playing with my hair at the same time. Hopelessly in love!

2020 was a challenging year for us all, what advice would you give to other models or aspiring models out there in light of all the challenges faced? Stay humble and grounded. Be you!

Any final words to our readers on what to expect from you this year? My bee jewelry line is launching this year,
It's about a Bee and her Drones.

FHM

Best Inventions Ever

By Ian Kirke | Twitter @ianjkirke

History will cite an impressive timeline of inventions that have shaped humanity. Stone tools made an appearance around three million years ago. A tad over a million years later the control of fire is thought to have been harnessed by our distant cousin Homo habilis, whilst in 1300 BC the industrialization of iron smelting kicked off in the Middle East. In more contemporary times we have, quite rightly, celebrated the invention of the internal combustion engine, telephone, television, and the jet engine, just to mention a smidgen of humankind's creative magnificence. Yet, as I review the innovations that have in my opinion been essential for human enterprise, I cannot shake off the 1997 Shania Twain classic, 'That don't impress me much' when viewed expressly from a male perspective.

Therefore, an alternative list is wholly necessary in order that the specific challenge of masculinity can be safeguarded for future generations. Compare this, if you will, with the development of the concept of Wonders of the World. Initially, we had the original cadre of The Great Pyramid of Giza, The Hanging Gardens of Babylon, The Statue of Zeus at Olympia, The Temple of Artemis at Ephesus, The Mausoleum at Halicarnassus, The Colossus of Rhodes, and The Lighthouse of Alexandria. Then followed by, amongst others, the wonders of the natural, new and industrial 'Worlds'. So, I have great pleasure in introducing you to the eight inventions that have saved men. Not a top ten as, contrary to mythology, men are not that needy...

8. Remington nasal hair trimmer

As a man leaves the relative comfort zone of his pre-thirties life a certain peril awaits, hitherto in blissful hibernation within the ears and nasal cavities. Suddenly, and without warning, dormant hair follicles burst into life with the joyful explosion of a spring extravaganza.

When this passage of worrying maturity happened to me I initially sought to cull them with the delicate angled use of my wet shaving blade. After slicing into the lower ridge of my ear, which I have since discovered is called the Antitragus several times, I defaulted to the equally useless endeavor of trying to pull the fuckers out with my fingers, tugging in a pincer movement between the thumbnail and middle fingernail. Although minute these hairs are deep-rooted and hurt like hell even if the extraction is successfully accomplished. Then there are the clusters. Cumulatively these formations feel so deep-rooted that if I am effective in wrenching them all out simultaneously I must confess to feeling a slight twinge in my scrotum. I am convinced that some are rooted that deep. On a separate issue attempting this action within the peripheral vision of another human being, especially a partner, usually leads to a slap and an often-colorful tirade of condemnation.

All of these dysfunctional behaviors were gloriously swept away on the acquisition of the Remington nasal hair trimmer, a true giant within the male grooming armory. Not only does it effortlessly and magnificently remove those troublesome strands, but you can also trim those eyebrows that from forty onwards are programmed to mimic a mature hedgerow. A legend of a device.

7. Dyson vacuum cleaner

The trademark of Hoover has become synonymous with the sucking up of debris from both carpets and hard flooring. In the UK especially the deployment of any brand of vacuum cleaner is simply referred to as ‘hoovering’. When the Dyson offer was launched its somewhat pretentious label as a ‘cyclone vacuum cleaner’ didn’t chime with my very conservative view of domestic cleanliness. Not that I was in anyway a leading light within this domain, but I could at least do the hoovering without any instructions.

There is also a type of cathartic release that accompanies a brisk and purposeful waltz around my Englishman’s Castle, often singing along to the radio whilst rhythmically pushing and pulling and expertly rounding the various obstacles in my path. The only obvious negative was the emptying of the bag. If the expulsion was completed directly into the outside bin accompanied by a sudden and unexpected gust of wind it resulted in a jumper full of crap. Nonetheless, I remained suspicious of this new kid on the block as it continually dared to explicitly disassociate itself from the norm.

Then one day two significant occurrences collided, and cumulatively this explosive event would change my life forever. Our hoover (of whatever make) broke down at the exact time that there was a hefty discount on the Dyson equivalent. I am a tightwad. Vouchercloud is my primary App and my wallet bursts with store discount cards. When there is an offer in the air I can respond in the same way as Pavlov’s dogs. So I was tempted to park any prejudices with the added security that if I wasn’t immediately impressed I could simply take it back for a full refund.

Unpacking the Dyson, I was immediately impressed with the Perspex sheath that allowed a clear view into the workings of this machine. There is something stirring about being within touching distance of raw technology. The Dyson cyclone instantly connected with my inner child who still yearned to conquer and defeat any obstacles in my way by harnessing the ingenuity of human engineering. I was ready, willing, and able!

As this Space Shuttle equivalent of domestic carpet cleaning elegance roared into life I felt a chill of anticipation. Although I had never piloted this device before instinct immediately took over and man and machine were instantly in harmony. As it glided effortlessly over the dining room carpet I looked expectantly into the collection chamber as it quickly filled with opaque

debris. Each glide seemed to suck a sack full of shit from the depths of the floor covering which to the naked eye looked pretty tidy.

Had we been living in a cesspit? What filth had lain dormant for so long? The Dyson beauty quickly extinguished any thoughts of taking it back in favor of my previous brand. Man and machine had bonded. But that wasn't all. The ejection of the waste was a spectacle in itself. Pulling the trigger mechanism, the bottom of the removal capsule sprung open like a bazooka and I was, for the briefest of moments, on the battlefield in mortal combat with a bucket load of dust. I had beaten the enemy and vacuuming the carpets (and hard flooring, soft furnishing, and curtains) was now my realm!

6. Electric tin opener

On August 25th, 1810 Peter Durrand was granted a patent by King George III, protecting his invention: a food container. Although this invention included vessels constructed of glass and pottery too the metal tin latterly became the stalwart of mass-produced food packaging. Its simple elegance belies the genius of this humble invention yet very often it will defy yielding its contents without one hell of a fight unless you have an uncanny knack!

Where ordinary handheld tin openers that rely on manual rotations fail, I have been known to employ a screwdriver, pliers, a hammer, and house brick. Failure is never an option when a tin can challenges me to a fight. Even if the majority of the contents are lost or heavily soiled I will be triumphant. My alter ego Ming the Merciless has fought many a tin can and has yet to be defeated.

However, since the recent acquisition of an electric tin opener, I have ditched my commando response to an errant tin, and I see no future need to engage in anger management therapy. All is well with the World now as this invention not only cleanly decapitates any tin can, but the inbuilt magnet captures the lid so that the whole operation has a certain medical symmetry. A kitchen bereft of an electric tin opener will always be a potential battlefield. This contraption is the United Nations of food preparation. Sign up to one today! Your kitchen needs it!

5. Couscous

In recent years, for a variety of reasons, I have occasionally had to fend for myself. Cooking has never been a core skill although I love to eat. Up until a couple of years ago I ate and ate, and ate some more. Then I lost three stone in quick time when the penny finally dropped that being a fat bastard wasn't sustainable if I sought to achieve my ambition of living into treble figures. A significant part of this journey engaged with changing my diet, especially reducing my consumption of sugar, an often-hidden ingredient in many Western foodstuffs. I became more interested in the traffic light warnings on the side of product packaging. However, the odd energy spike was something I recognized was necessary to complement my occasional physical exertions too. Couscous was a healthier partner and stood head and shoulders above white pasta, rice, and potatoes.

I acknowledge that a food source is not an invention. Couscous is crushed durum wheat semolina, low in fat, has minimal calories and is a slow-release carbohydrate, keeping you fuller for longer. The invention is created when the hand of man intervenes. A chemical reaction facilitated under careful observation, patience and craft is the method in which this foodstuff combines to meet the rigors of invention. Adding boiling water and stirring elevates this design onto the same platform as penicillin, pasteurization, and anesthetic. A kettle in the

hand of man can help feed the World.

4. Soup maker

Having grown in confidence by mastering the fusion of couscous and boiling water I was keen to further my extraordinary cooking journey.

Tins of low-sugar soup were always on hand and now that I was able to open them with effortless ease, a tasty convenient meal was always available.

Then one day during a routine conversation about soup, as is my want, a seemingly rash suggestion was uttered: "Why don't you make your own?" I beg your pardon! Make my own? What type of witchcraft was being suggested? Soup was made by experienced food scientists, created in a laboratory, and stored in clinical conditions. The art of soupology was not for the amateur.

Curiosity, a pursuit to which I am prone and has often led me into the light of wonderment, got the better of me, and I carried out some vital field research by watching someone else operate a soup maker. The artillery shell of the main body was crowned with a removable lid that connected to a mini-industrial blade that would, I figured, blend the intricate foodstuffs that had yet to be prepared by way of the nuclear fusion equivalent of complex cooking. With notebook in hand I watched intently from a safe distance.

Fuck! Was that it? Even I could peel some potatoes, chop some carrots, dice an onion, and shove it all into the gleaming metal chamber with water and a stock cube! In that instant, I connected with my distant evolutionary cousin Homo habilis and knew that I had discovered my own fire! As the possibilities dawned on me I became excited! I then became my own soup alchemist chucking in all manner of vegetables, throwing extreme caution to the wind by leaving the skins on and even the knobbly end bits. Roughage and eliminating unnecessary waste were now the benchmarks of my dedicated soup range! If you ever come to mine for a meal expect to be greeted with the famous Henry Ford adage, "You can eat whatever you want as long as it's soup!"

3. eBay

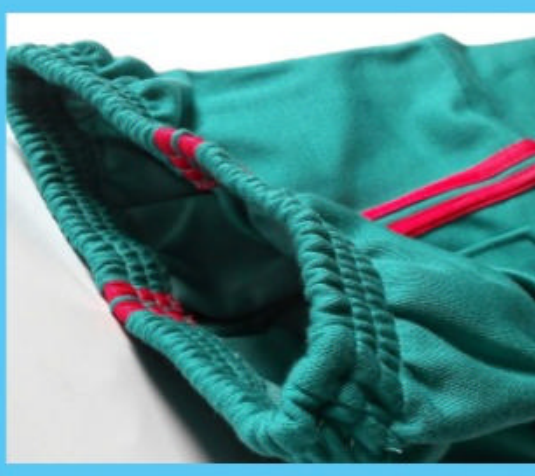
Being a traditional shopper who enjoys a mooch around an authentic retail outlet I was less

than enamored by the arrival of online shopping. That was until the algorithms hooked and reeled me in like a prime catch, having succumbed to the virtual shopping parade due to the irresistible offers that my son Adam regularly goaded me with.

The opening search bar provocatively announcing, 'search for anything' got me thinking. Anything? I mean, what about all of the speedway memorabilia I had boxed up over thirty years ago? Sold to a dealer for a few notes because at seventeen I thought that a bedroom full of pennants, posters, rosettes, and scarves would scare off members of the opposite sex when I invited them back to admire my etchings. Surely not? Oh, ye of little faith Mr. Kirke. eBay was my Aladdin's cave of a bygone era where I was able to buy back my old shit! As I purchased more the algorithms worked at full capacity to tempt me into the dark fetish of buying more crap, sorry, quality collectibles. One day, as I admired my chock-a-block home office man cave I smiled and said to Adam, "One day son this will all be yours. When I go what will you do with it all?" Without hesitation, he replied, "Get a skip!"

2. Trousers with inbuilt stretchy waistband technology

For gents of a certain age, this provides reassurance, reliability and discretion. One can still boast that the waist is whatever size, even after a blow out at a favorite restaurant, whilst the discrete machinery manages the sometimes-awkward discomfort of feeling that you may simply explode at any minute.



With the need, especially in later life, to visit the loo more often this feat of incredible engineering allows you to pass a toilet without necessarily thinking, 'maybe I should then.'

1. Moonpig.com

I am convinced beyond all reasonable doubt that the male brain is unique in terms of its memory matrix. For example, try as hard as I can, bar tattooing them onto my limbs, I cannot recall the dates of key birthdays. I struggle with my kids and I only have two of them.

My tendency to forget may be partially explained by the fact that I am not really fussed about age, wishing more to evaluate what I can actually do, than to have some self-congratulatory pat on the back that at "whatever age" I can still do "X". I do concede however that forgetting to acknowledge someone else's, especially close family, can lead to Armageddon.

Moonpig.com is the online comparable to the late-night garage that has at 2am in the morning saved many a man en-route to the hospital to celebrate the birth of a child with the purchase of a clutch of blooms, provided a suitably compassionate card for a loved one, and chocolate. The essential get out of jail items.

Moonpig.com is the champion of saving one's ass as it dutifully reminds me of the key dates well in advance for me to create my personalized card. With a few clicks of a button and an upload from the mobile phone giving the subtle impression that I have agonized for ages over the script and accompanying imagery with Leonardo da Vinci aplomb. Thank you Moonpig.com for watching over me at these sensitive times. I owe you.

So men, there is your list of essentials. The inventions that will protect, nourish, keep your place clean, maintain your movie star persona and help you regain lost nostalgia. Please no clapping. I am unworthy. Having said, that I have always fancied the Nobel prize category for Peace, as in peace of mind...

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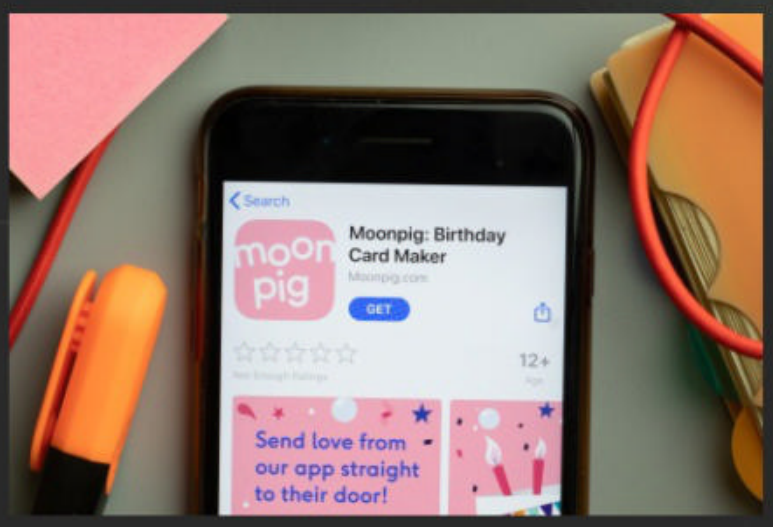

DEATH

DEFINING

There remains a degree of uncertainty over who the following words are attributable to, although being long gone I am sure that none of the ancestors of Benjamin Franklin, in a letter written in 1789 about the American Constitution, or Christopher Bullock, in his novel The Cobler of Preston (1716) or indeed Edward Ward, in The Dancing Devils (1724) will care that much: "Nothing is certain except for death and taxes". The latter can be experienced, and the impact readily felt. Yet the former? Surely not? Since natural death, outside of those events that engage with prolonged or painful accidents, is simply a case of going to bed one night when you are incredibly old and not waking up in the morning.

By Ian Kirke | **Twitter** @ianjkirke

That was my long-held vision of the one thing that all human beings will ultimately face, and nothing wrecked that illusion until I was into my fifties. Up until that moment in my life I had experienced the death of elder relatives, including my Dad, yet their deaths had been commensurate to this ideal. Even though I had been ripped apart by the death of my Dad and best friend, once the raw emotion had subsided I comforted myself with the notion that he was old, had enjoyed good innings and that was ultimately the cycle of life. To edify this, I vividly recall when leaving Frimley Park Hospital, Surrey, after saying goodbye for the last time, I walked directly past the entrance to the maternity wing. Even the numerous sudden deaths that I had attended as a police officer did little to alter my rose-colored view. Then my wife Theresa died aged fifty after a courageous battle against cancer, having undergone three intrusive brain operations and two strokes which included, along the way, a moment I will never forget when a nurse called me to one side and enquired if I had arranged her funeral. She was still alive albeit paralyzed in an unresponsive coma and one of my great death deceptions was destroyed in one extraordinary moment. Arranging a funeral didn't necessarily follow death. This whole experience forced me to engage with a hitherto unwelcome narrative and although it engulfed our small family within its dark, cold grip I started to talk about the taboo that is death. Challenging not only my now shattered reasoning but questioning why the hell do we ask the really important questions when, often, it is too late? Speaking to my Mum only recently I acknowledged that Theresa and I should have discussed our mortality in more detail, over and above that is the writing of a will. She responded by saying that we were too young but unfortunately her protective clarification was flawed since the grim reaper can take without notice.

My childhood inquisitiveness has slowly got the better of me and I now feel confident to talk about death and the circumstances that many may face. Our own demise may be ordained in a way that gives us notice, leading me to the questions, how would I deal with death if I knew I only had a set period of time to live? How would I tell my children? Without faith how could I process this gigantic monolith?

I decided that I needed a little help from my friends to frame this investigation and called initially upon my Facebook chums to map the path before I took a huge leap and spoke directly to an experienced professional who works in a Hospice. I figured that I may better grasp the realities of certain death by questioning a special human being who has dedicated her life to managing the

end of life care for people who know their own demise is not beyond the horizon.

Overwhelmingly my cohort of, hitherto, coffin dodgers didn't fear death itself but rather the process of dying. Summed up elegantly by the questions, how will it happen? When? Will I know about it? How old will I be? What impact will it have on my children? This starkness was countered by a healthy vision that there was still an assumption of a few decades of life beforehand, perhaps signaling an inherent need not to dwell on the end. A lengthy period of dying which was painful or the onset of dementia was terrifying to some. A counterbalance to the obvious despair was the recognition by one learned friend, pointing out the significance of culture and that some may be more able to prepare for the predictability of death. For example, in Sweden, a contemporary 'dostadning', a hybrid of the words for death and cleaning, is the process of decluttering the house before you die. Euthanasia was also a topic of reflection with the cruelness that exists, often underwritten by law, allowing only the wealthy a dignified end. Death as a celebration of life was amplified by one beautiful philosophical statement: "Whilst in Thailand after the Tsunami, I was very taken by the Thai attitude to death, almost a celebration of the life of the deceased."

I have always struggled with the concept of faith ever since I was old enough to appreciate that around the world people appeared to die for all manner of unnecessary reasons, and I could never get my head around the death of a child. What divine entity could ever make a convincing argument for that? Indeed, this position was succinctly anchored when a friend said, "if there was a God he'd have not taken my mum when I was seven and my dad at forty."

Yet one bright summer's day whilst sitting in the Bluebell Wood, where the ashes of my wife and Dad had been scattered, alone in my own thoughts I finally accepted that life after death does exist. I knew that Theresa's DNA was part of our children Lucy and Adam. Knowing too that one day my 'O' level pass in Chemistry (an impressive grade B!) would prove useful, I realized that her atoms could never be destroyed, but rather redistributed. Perhaps into a blade of grass, latterly to form nourishment for another living creature and thus to maintain that ever-revolving wheel of life. Nonetheless, I did wonder, if I were to be notified of my impending demise would a lack of faith hinder the process? Would a sudden epiphany save me from the bowels of hell? As I, surprisingly, sought to make sense out of this conundrum the atheist in the group came to the rescue and poured scorn on any such notion!

Well over half of my merry doomsters put

clear water between themselves and any pretense of religion. Death was final with no afterlife. This narrative led some to express anger, one having lost a friend to cancer and a loving Dad with both deaths being projected as unfair, unjust, and ugly. Losing their partner and best friend was the most haunting of all potential future outcomes. Raised a Christian, another admitted that for them Church was for, "hatches, matches and dispatches" yet stopped short at proclaiming the existence of heaven. One openly admitted that they were hedging their bets and qualified this seemingly comic perspective by admitting that a lonely death petrified them. One wondered who would turn up at their funeral. An admission by one, who exclaimed, "I have a weird mixed up faith!" typified this uncertainty by acknowledging what religion had done for her in the living world yet disclosing the trigger point of her Dad's dismissal of his religious beliefs when a colliery spoil tip engulfed Pantglas Junior School, Aberfan, South Wales on 21st October 1966, killing one hundred and sixteen children and twenty-eight adults.

Faced with an end-of-life scenario that allowed for a period of spiritual contemplation one subject, possessing less than convincing religious values, nonetheless admitted, "Never say never, but it would feel a little disingenuous to take up something I had shunned to suit my current convenience." More damning was the statement, "Nah. Build your resilience in life. Believe in Karma, try to be good and do good and don't do that last-minute panic thing because it will be too late then!" One was a little more liberal in their outlook in terms of a last-minute religious switch, "I'm not sure. Maybe that'll change as I get closer to the end if I'm aware." Given the prospect of time to prepare and as a link to the next stage of my inquiry I was struck by the prophecy of this confession: "Thinking about my own death, it's more about the practical arrangements.

Most importantly, what music am I going to have at my funeral? My current favorite for people to leave to is Every Breath you Take by The Police. That amuses me! I don't want a big drama at the end. Just people enjoying a few G&Ts! I might take my glass with me!"
So, with my questions formulated, like some old school news reporter, I took a few deep breaths and entered the world of the Hospice and end of life care to establish if I could better understand how death is faced by those who are acutely aware of an aspect of life that I would seek to delay for as long as possible.

What happens in a Hospice?

It's a place that provides palliative care for people in the terminal phase of their illness, typically in the last two weeks of their lives. Specialist nurses care for both residential patients and those that visit to manage symptoms that will often connect with pain, nausea, breathlessness, and agitation with a broad range of complex drugs.

People often mistakenly think that a Hospice is a doom and gloom environment, but in reality, the remarkable spirit of those that choose to work there make it a truly uplifting and special place. Sometimes I don't really know how the staff do it, and I've never worked anywhere like it in thirty years of nursing. It's a calling, not a job for everyone. The passion is tangible. Where I live the view of the older generation, as typified by my own parents, tends to reinforce the negative stereotypes, yet Hospice staff now visit schools and discuss death and dying in order to break this myth.

Many of our staff are volunteers driven by incredible humanity, some of whom have experienced the death of a loved one themselves. The tasks they fulfill, for example, receptionist duties, washing-up, talking to patients and bringing in pets are vital and maintain the pulsing positivity.

What does your professional role entail?

I am responsible for ensuring that the precise admissions criteria are met through regular dialogue with other medical partners. A daily bed meeting with a Doctor and members of the triage team ensures that we can effectively manage two to three new admissions per day.

Discussing what is important to each patient is perhaps the most fundamental question. Children, pets, and their home feature prominently although we must be prepared for diverse revelations that can often occur during these open, empathetic, and often challenging discussions. As a patient's health will ultimately worsen the final scene is also discussed with around seventy percent wishing to return home.

We also provide a 24/7 support line for patients, relatives, friends, and other healthcare professionals ensuring that the requisite palliative care be delivered. Recently I spoke to a patient at home, a young lady, who explained that her husband was struggling to help her up the stairs to the bathroom and that she was now sleeping in the lounge on a sofa bed. It was clear that her breathing had become more labored and this was now a crisis situation. I immediately contacted the community health team and was able to implement an emergency intervention.

How long is life expectancy?

Palliative care is usually triggered by a referral when the patient's Doctor is asked to reflect upon the question; could you see this patient being alive in twelve months' time? I would always expect an estimated prognosis in terms of life expectancy, be it months, weeks, or days. A patient's journey will span specific cycles commencing with an outwardly well looking, independent and mobile individual. Two months later there will be noticeable weight loss, weaker posture, and obvious signs of ill-health. A couple of months later the real deterioration is visible. It is important that inexperienced health professionals witness this curve since it can be stark.

Is there an age range?

There are Hospices for both children and adults. The former up to the age sixteen whilst the other is from eighteen onwards. Professionally I am uncomfortable with the interim two-year transition period

although practically speaking any special circumstances will always be addressed. There is no upper age limit.

How do people prepare for their own death?

There are several ways; some people are in total denial, whilst others are accepting, often in a blunt and matter of fact way, although sometimes this indifferent attitude can mask a real fear. The incredibly moving story of the death of Caron Keating (41 years), the television presenter, and daughter of celebrity Gloria Hunniford chronicled her rejection, engaging in fruitless journeys around the world to seek a cure and typified the most resistant of reactions as did a personal experience of a young lady who mistakenly believed that caffeine enemas would repel her impending demise, and would frequently self-administer. This was made all the more harrowing since her family felt compelled to support this irrational practice up until a few days before she died.

Of the patients that are accepting some feel comfortable to speak openly about the journey that awaits yet cannot bring themselves to discuss this with their partners and other members of their family. For some this is, so they believe, the final mark of strength yet many have simply not cried for so long that the notion of breaking down in front of loved ones is inconceivable.

Advance care planning or more simply put talking about the needs of a patient are critical. However uncomfortable this

may appear assumptions on all manner of things, from funeral arrangements to the framing of a will can never be remedied in the future.

Are there any differences in how either sex deal with their ultimate demise?

This is a hard one. I don't really know if there is a difference. From my experience men often believe that they should go first because they think that's the order of life. It is awful to see an elderly couple with no other family members present, with one partner holding the other's hand as they slip away, then having to leave the room on their own. That is truly heartbreaking.

I have no faith. Am I in trouble?

This question made me laugh! In short, No! It is all about choices.

From personal experience, people with faith or religion in their lives appear to die more peacefully. It's almost as though they know that they are going to a better place and are more accepting rather than fighting it. A positive mental attitude will always help. I think you are OK!

What practical advice would you give families faced with this predicament?

Honesty is always the best policy. Patients always know that they are dying or are about die. When anyone says, for example, please don't tell my Mum or Dad about the Hospice, I cannot do that. Years ago, everything was brushed under the carpet. Nowadays clinical research has shown that these understandably challenging conversations need to happen. It is more than simply writing a will and power of attorney (especially important if the loved one cannot communicate) so that the everyday domestic issues can be better managed. I am always compassionate but firm with families. Our staff would never hide anything although we would always engage in a supportive and skilled manner. A clear explanation of the support plan and how other health professionals are connected is imperative. Practical advice too, for example, towards the end of the life of a loved one when feeding them or even offering a drink may do more harm than good. And at the very end there is no need to call for paramedics, just the nursing team who can be present, often within the comforting environment of home. I do get amazing positivity and thanks from families, even from the initially more challenging ones.

How can we better prepare surviving partners?

In giving professional, caring and sensitive support before, at the time of and after death. At the Hospice we follow up on bereavement a day or so afterward to ensure that the surviving partner knows we are there for them and remind them that other support is available, such as counseling. They can visit the Hospice chapel and are always invited to remembrance events, especially at Christmas.

After six weeks we follow up with the families to offer bereavement support. Grief is ongoing. It never ends.

How can we better prepare children?

Some families have very young children and there are several ways in which they can be supported. For example, creating lovely memory boxes that are designed to encourage discussion about what is happening to their Mum or Dad. There are some brilliant books too and we have a bereavement support program for children up to eighteen years of age. With consent, we can also help teachers who have a bereaved child in their class.

How do you deal with the grief?

It is so difficult to watch a family sobbing around a bedside. Totally heart wrenching. To see someone, often your own age, dying sometimes with young children, who could be your own, is just so horrendous. How could that not touch a nerve? For some reason, I can cope with the majority although there are always ones where something just connects, literally ripping you apart. Be it something that was said, a similarity to my own life circumstances or a moment in time that captures the essence of humanity. This is especially so if I am dealing with something crucial in my own life. These times can resonate so clearly, deep within your soul.

We do a lot of group talking afterward too. As nursing professionals, we do have a great sense of fun and camaraderie and socializing with each other and being there for one another is especially important.

Do you fear death?

Yes, I do! There aren't many days that pass without me reflecting upon my own mortality. Not surprising since I am dealing with this on a daily basis. You can't not think about it. However, it doesn't spoil my day as I am lucky to work within the most supportive workplace ever.

I would hate to be on my own at the end. This terrifies me. We always make a conscious effort to sit with a patient who has limited or no family support at all. There are things I need to document so everyone is aware of what I want.

I am indebted to my remarkable professional witness, who for confidentially reasons must remain anonymous, and for those that contributed so enthusiastically to this piece. Returning to the title, death is defining yet it doesn't necessarily herald a period of eternal heartache. Grief can never be eradicated yet with support, reflection, and reverence and a heap of talking all of us can better manage this process which is inevitable yet often occupies a place that is out of bounds. It isn't. It is, ironically, an important part of life.

As I raise my glass of gin and tonic to you and yours and wish you a long and prosperous life I also leave you with the reminder that the tough things in life deserve to be discussed. After all, it's good to talk. Cheers!

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FHM

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By Samantha Jack

FHM

Happy to have you featured on FHM! Tell us what are some of the things you did to prepare for this shoot? Thank you! Well, I have always been a fan of fasting and pampering to prepare for my shoots. To look my best, I drink a lot of water, more than usual a few days before my shoot. I guess you could say I go on a juice fast and I try and get as much sleep as I can!! Shoots require a lot of energy, this always seems to help me.

You've got an amazing figure and beauty about you, we're keen to know what you would say is your favorite physical feature about yourself and why? I have really grown to love my body for all it can do as well as what it looks like. My body has been so many different shapes and sizes, it's been a journey and to really love every part of me. Over time, I have found certain areas to be more flattering but one thing that always remains, is my smile, to me that can't be altered. I am thankful to have such beautiful parents who both have great smiles! When you are smiling you are happy, and that's what I like to be!

Being a glamorous model must have it's perks, what are some of your most memorable experiences in your career? Meeting and becoming friends with all the beauty people in the industry! Some have become my dear friends and I truly and so grateful to have a team of people who believe in me and love me and help me achieve my greatness!

What would you say sets you apart? I think the fact that I have gone through some really heartbreaking falls and setbacks, and had to overcome trying times sets me apart, nothing was handed to me. I've worked for everything I have. I raise my son solo while balancing my career in this industry and as much as that holds me back at times, I have someone who motivates me everyday to not give up. The picture is much bigger for me now that I have a little one to depend on me.

On the topic of men, what was the complete best, and worst first impressions you've got on a first date? I like men who see the hustler in me, who see the simplicity of my personal life, but that I'm also serious about what I do and someone who truly respects what I am doing to be a business woman in a business man world. I want a man to support me, to be my biggest fan. Someone who allows me the space I need to be the creative me. I am at times many different moods, so someone who can see all my sides of Kourtney, and show unconditional love as much as possible. Any man who can help me advance and help me improve and grow in life is always a best first impression, because most of time men who don't see what I'm doing, only hold me back and I've had to fight hard in my relationships to keep my freedom, which is usually why, I've been single most of my life. I won't date a man if they don't want me to do what I'm doing or to help guide me. The worst impression is when men try to tear me down, in hopes that will work for having me date them? They are out there, and I stay far away.

What would you say is the most surprising thing about you that not many people know? It surprises people that I'm truly a homebody. I am very shy and need music in public places. I am very sensitive to my environment.

If you had to choose, would you say money and wealth determines success, or is it one's personal achievements and happiness? Happiness and health is the currency for wealth

On a more personal level and in an ideal world, where do you see yourself in five or ten years; time in terms of family life, career, or both? I hope to see myself with a bigger family. A loving, handsome successful husband, a happy Maxson, my other children - either biological or adopted, and lots of pets on a huge estate, far enough away from the crowds but close enough to have fun. I want a successful multimillion dollar business that helps women and men, retail, and to have a thriving nonprofit that helps single mothers and children! Honestly, whatever plan God has for me, I'm going to trust that!

2020 was a challenging year for us all, what advice would you give to other models or aspiring models out there in light of all the challenges faced? Pray. Believe in yourself and make everyday count!!!

Any final words to our readers on what to expect from you this year? Expect improvements, expect happiness, expect good vibes, expect nothing but love from my platforms and to really help empower women! I have partnered with a new content monetization platform that gives creators 100% ownership over their content and revenue Fanchella.com and am excited about lending my expertise to the business development of the platform and bring in powerful business women to capitalize on these empowering platforms. I will continue to encourage women to never stop believing in themselves and devote time, love and energy to bringing out their inner goddesses.

LOVE

FHM

ASTON'S MIGHTY EVOLUTION

Aston Martin has reached the proverbial crossroads... and left them in its dust

Some cars just look better up close and in the metal – the Aston Martin DBX is a perfect example of that. Viewed with the curious eye, the design is far less polarizing than one might ever believe possible and any prejudices seem to melt away. In an irresistibly basic narrative, Aston's formidable architecture is just a bit stretched, and further off the ground than what we've seen in the past.
Aston Martins are renowned for their contemporary beauty and the DBX is no exception; the proportions are never an inch looser than they ought to be, the roof is still comparatively low and there's a precision in the contours. Needless to say, at first look, the DBX makes a compelling first impression in Aston's 106-year history.

Aston Martin Lagonda President & Group CEO, Dr. Andy Palmer said: "I can't emphasize enough how incredibly exciting and significant DBX is for Aston Martin. Through its development alone, this beautiful SUV has already taken the company into new territories and in inspiring directions. DBX also marks a key moment in the delivery of the third and final phase of our Second Century Plan, not only representing the promised expansion of our portfolio but also signaling the start of production at Aston Martin's second manufacturing plant."

The arrival of the DBX comes as no surprise. Edified by its main rivals who have successfully massaged a sporty SUV into the world – some of them for many nearly two decades - in order to allow its supercars to flourish, Aston's future rests heavily on the DBX to do the same for models like the Vantage and the DB11. In particular, during this watershed moment, the DBX needs to resonate in luxury-driven markets like China and America if it wants to invert its financial slump.

"The DBX needs to attract new buyers but not alienate Aston's own faithful customers"

“Being an Aston Martin, a prodigious level of customization will fulfill any taste and exclusivity demands”

The DBX needs to attract new buyers but not alienate Aston’s own faithful customers and to complicate matters its remit goes far beyond being a gran tourer - This Aston Martin needs to be able to go off-road, or at the very least carve incredible speed up a soggy country road in Buckinghamshire.

It does this not with a V12, as might have been expected from Aston’s heady lineage. Instead, the DBX is powered by a compact 4.0-liter turbocharged V8 tucked into the Aston’s nose – the same engine that Aston uses in the new Vantage and DB11 where it made profound improvements. The engine is a continuation of Aston Martin’s partnership with AMG, except of course that Aston has imprinted its own personal touch on the engine’s characteristics, including a new active exhaust that provides a subdued sound during long-distance driving. The turbocharged V8’s broad muscle and versatility is tailored for the DBX; smooth and deliberate at low speed but when uncorked down a flowing ribbon of tarmac it unleashes the right quantity of fizz and drama. From standstill, it’ll do 60m/h in 4.5 seconds squeezing itself tighter around your senses right up to a top speed of 181m/h.

The gearbox is a nine-speed automatic distributing power through a network of differentials, each one able to send power around at the slightest detection of slip. It’s a system that adjusts to any terrain, although still encourages driver involvement via the car’s onboard settings. Faster shifts and more rear-bias get progressively amplified in the car’s sportier modes.

That’s still however a very thin slice of what the DBX is actually capable of – a realization that becomes apparent as a twisty road heaves into sight. Here the DBX relies on chassis wizardry and power to undermine physics.

Getting 2245 kilograms of fast-flowing metal to feel taut yet malleable usually represent polar opposites in the dynamic spectrum and yet in the DBX they sit comfortably close. In the development of the DBX, Aston closely examined what was else on the market, and moreover how it could be improved. Adaptive triple volume air suspension has been combined with the latest 48v electric anti-roll control system (eARC) and electronic adaptive dampers to provide the new SUV with a huge breadth of ability. Extraordinarily the eARC – capable of 1,400Nm of anti-roll force per axle – can limit DBX’s body roll for handling that is much more akin to that of a sports car than an SUV. With its capacity to raise the ride height by 45mm or lower it by 50mm the air suspension gives any driver the confidence to tackle a wide range of terrain.

The DBX aims to be a true all-rounder, infinitely adaptable to circumstances and intuitive to use. Numerous dynamic characteristics are translated back down to the DBX’s inviting

interior which sits behind frameless doors, With its sculpted sporty seats and baroque architecture, the DBX perfectly fits the lifestyle of those who want to drive, and those who want to be driven.

The light that floods from the panoramic roof lands on judicious use of handcrafted materials like wood and metal to give it an outstanding tactile quality. The interior combines form and function; this is most apparent in the bridged center console – an interior highlight of design – with a concave storage space naturally forming below. Small touches throughout, including separate central armrests, glovebox design and the ergonomic positioning of the car's key control systems, have been guided carefully by the input of the brand's Female Advisory Board, dealership feedback and a variety of private focus groups held worldwide. Not limited to this area, the guidance provided has been key to the success of DBX's overall design.

Being an Aston Martin, a prodigious level of customization will fulfill any taste and exclusivity demands. This includes a range of innovative materials and an industry-first application of a fabric made from 80% wool. A new flax composite – derived from the same plant as fine linen – also provides an alternative to carbon fiber and a distinctive design aesthetic. The DBX's interior is bathed in 64 different ambient colors.

The deceptive size compliments the driving position, which again envelopes you like a contemporary sportscar with the safety and convenience of sitting a little taller where one's view is wide-angle, less obscured. The DBX also welcomes a connected life at the wheel, employing the latest customizable graphics and smartphone services that become of added importance in cars that will be driven every day. A 10.25 inch TFT screen is positioned in the center of the dashboard with another 12.3-inch TFT screen curating its own nuanced information that any driver would require at a moment's glance.

Dr. Andy Palmer carries on: "DBX is a car that will give many people their first experience of Aston Martin ownership. As such, it needed to be true to the core values established in our sports cars, while also providing the lifestyle versatility expected of a luxury SUV. To have produced such a beautiful, hand-built, yet technologically advanced car is a proud moment for Aston Martin." The DBX is an astute product set to rejuvenate the Aston Martin brand in bold new ways. It feels refreshing, groundbreaking and game-changing, supremely confident on any terrain and packing a proud history under its widened belt. The DBX is exactly the brave out-the-box thinking and designing that will be to the broader benefit of all future Aston Martins. The future is looking bright!

Pawan Dhingara

LAMBORGHINI'S SECRET VAULT

[illegible] Hennessey is back with an all [illegible] meteorological weapon

It might not carry the emotive name of a victorious fighting bull but the SC20 is one hundred (and ten) percent, Lamborghini. Although there is one catch: You can't actually own one, because this is One of One! The SC20 is the second one-off creation, engineered by the motorsport department and designed by Centro Stile in Sant'Agata Bolognese. One unnamed customer is believed to have been involved in the creation from the very first drawings and he's definitely not one for subtlety...or roofs.

Since this SC20 isn't for mainstream consumption, the rules that went into designing and fabricating every aspect could be stretched. Yes, amazingly it's still road legal but it flirts with the rules rather than sticks rigidly to them. Noise regulations? Can't see them applying here, and which bit of urban road worth its name isn't going to take a chunk of expensive splitter as a souvenir?

"Two years after the SC18 Alston, the SC20 was a new, intriguing challenge. The chief sources of inspiration were the Diablo VT Roadster, Aventador J, Veneno Roadster, and Concept S, and the result is a dramatic combination of creativity and racing attitude," commented Mitja Borkert, Head of Design Lamborghini Centro Stile.

More specifically, the front design apes the Veneo and Huracan GT3 EVO while the sculpted sides mimic the Essenza SCV12. The rear wing can easily be set to three different levels of downforce so you needn't send it back to the aerodynamic department for a tweak if you're tackling Monza and Mugello in the same week. Underneath this outlandish open-top, an

arrow-shaped ballistic missile is a cocoon of carbon fiber, Alcantara, and aluminum that skims mere inches above the surface of the road and keeps its occupants snug at speeds that will easily exceed 155m/h.

That speed comes from the penthouse of Lamborghini's powertrain: The 6.5-liter V12 has been exhumed from the Aventador SVJ along with the seven-speed clutch – should sound rather loud, we'd imagine. No performance claims at this stage but with the same all-wheel-drive hardware and Pirelli Corsa tires as the Aventador, it already has a fairly accurate benchmark to compare against.

The SC20 is as much a sculpture as it is a weapon. And in the world of supercars where personalization and exclusivity is almost priceless, you can't do much better than the SC20. That however certainly does have a price... a big whopper of a price that hasn't left the sanctified walls of Lamborghini's most VIP customer lounge. Pawan Dhingara

A COMPANY
MAN

How was it transitioning from military to being a CEO of a large company after 13 years of active duty as a Navy SEAL? I'd love to say we are a large company, but we are still very much a small business, but we are making a large impact. The transition from being a Navy SEAL Officer to CEO was difficult, but so is any transition. You're going from a known to an unknown. For me, I had to make the transition because I needed to be there for my kids. Before getting out, I was in the middle of a divorce and it was best for me to be at home more for my kids.

What was your fitness routine like back in the Navy SEALS, and what is it like today? My workouts are still very similar. I usually start off with cardio (running, elliptical, bike or swimming), then I start my lift. I have always enjoyed making my workouts a continuous movement, from exercise to exercise. My lifts are working to build strength while maintaining my endurance, so I super-set all of my lifts. I'll work one particular group, then add core and then another exercise that complements the main muscle group I am working.

Was dating back in the military days hard, since you were overseas a lot? Any advice to those in the military and dating? I was married, but I know the guys that were single never seem to mind being on the road a lot. Heck most of them would get their dating apps out and running as we start approaching the city limits. My advice is that it is hard, but not impossible unless there is distrust from one or either party.

What types of training did you find the "hardest" while being a SEAL? Areas where I was expected to lead the guys and I was learning. This was always why I wanted to become a SEAL Officer, I wanted that responsibility to know that my decisions were critical to the success or failure of the mission.

What is your advice to others who are finishing up in the military and need to now get into civilian life? Never forget your military training, because it absolutely converts to the civilian sector. The language might be different, but the principles are the same. I feel often military people struggle with transitioning to civilian life, because they feel they have to conform, but really they don't. The civilian sector needs more people that leverage their military experiences.

What trends in your industry do you currently see happening? In the past, companies were just remaking what one company would develop, but now that draw-downs continue to happen, they are focused more on innovating new technologies. This puts us in a great position, because this has been the foundation of over a decade in business. MATBOCK is known as an innovator in our industry, and it's great seeing companies just now starting to use materials that we have been using for years.

How was it seeing some of your products you created being used on TV shows such as SEAL TEAM on CBS? Humbling. Like a little kid, I jumped up and kept trying to take pictures of the TV and my wife just kept laughing at me.

Why is it important to you to hire and continue to work with Veterans? For me it is important to hire veterans and their spouses. Spouses are often overlooked, but are highly qualified and have also had to endure a lot of the same things as their spouse. Primarily because these people know how to be part of something bigger than themselves and basic principles are instilled into them like honor, integrity and hard work.

What is something you want people to know about being a Veteran that they may be too shy to ask? Too often people get our holidays mixed up, don't tell Veteran's thank you for their service on Memorial Day, rather say "Never Forget" or "Your brothers & sisters are not forgotten". Memorial Day is when we remember those that are no longer with us.

Veterans Day is when we say "thank you".

What does the future hold for you and MATBOCK? We have been growing each year for over a decade, but over the past few years, this growth has only been amplified. Its really exciting to see where the next 10 years will take us. Zach and I are on a mission to create an empire where we leave a huge impact.

What do you want to be remembered for? On my tombstone, I want people to remember that I was a Family man, I loved my Work and that I loved to workout out. If I am remembered for my favorite sports team, I HAVE FAILED.

What is a motto you live life by? Treating people the way you want to be treated.

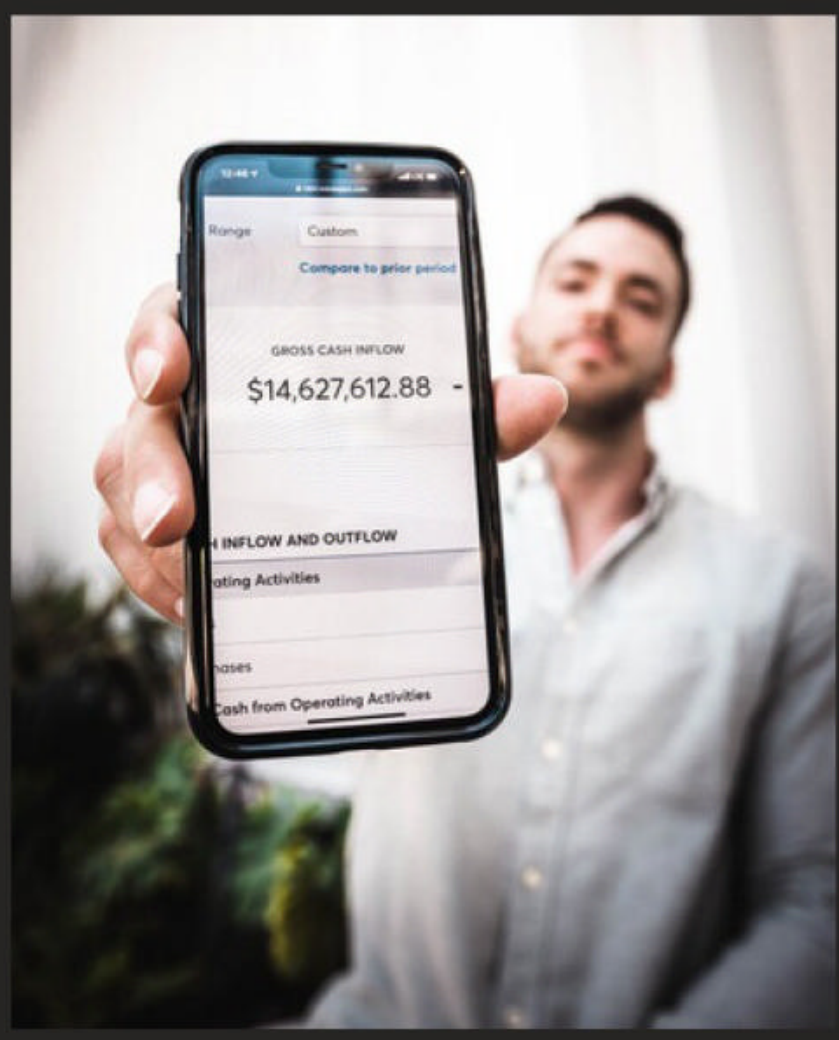
FROM 0 TO A MILLION $$$ QUICKLY

You Can Do It Too!

The COVID-19 pandemic has hit businesses worldwide, but there is now a system in place to help companies of all sorts quickly train to not only save their businesses, but scale them to millions of dollars in revenue.

Tanner Chidester, a former popular fitness magazine model and coach, is now the founder of Elite CEOS, a company that has grossed over 21 million in revenue and using his same system he used for his, he is helping individuals build online service-based businesses. Through his team's program, Tanner teaches relevant techniques and strategies that he uses each day and throughout COVID, not outdated techniques that worked 5 years ago. He can virtually work with any expert, coach or business that has a product or service that can be sold online.

Tanner gives some words of wisdom and tips to FHM exclusively...



As a famed business coach, what types of clients these days come your way to seek your training methods? All kinds. Anywhere from real estate, to trainers, to dating coaches, even makeup artists.

How quickly can you help a business scale to over a million dollars? Obviously, it depends on the person and their level of skill but there is no reason someone couldn't do it under a year with the proper work ethic. Someone with a crazy work ethic could do it even faster.

What are the top 4 tips you would give any entrepreneur or business owner for 2021?

1. If you haven't moved online yet do it.

2. Make sure that there's 1 unique thing in your offer that separates you apart from the competition.

3. Diversify your ad platforms.

4. Hire and train great managers and you'll be able to step away from your business more. Hire poorly and you'll work even more.

What trends for 2021 do you foresee? More businesses moving online and less people wanting to go back to a typical 9-5 office job. I also think the market place will become more saturated with online coaches.

Besides Elite CEOS and your coaching, you are known in the fitness world. How do you find time still to workout? Honestly, as I grew my business I didn't as much and got kinda pudgy. As I got a bigger team I was able to go back to my longer workout sessions that I enjoy. I would go crazy not working when I knew no one else was doing it.

What does your workout routine entail? I like push, pull, leg splits where I do each major body part twice a week. Sometimes I'll stray from that but I like that the most.

With social media these days, which channels are the most important for people to maintain? Youtube, Instagram, and Facebook are the top three in my opinion.

What do you feel separates you from other experts or coaches? I walked the walk. I went from ground zero and built a 1.5 million a month consulting firm with no backing, money, or prior knowledge. I'm living proof it can be done.

What is one quote you live life by? "Just Do It" by Nike. I think people these days have way too many excuses all the time and need to just put their heads down and go.

You've made millions doing what you do. What do you spend it on? What did you spend your first big pay-day on? I saved and invested tons of it into whole life policies, reinsurance policies, and real estate. The only "bad" purchases I've made is my Lamborghini Aventador SVJ but it was a lifelong dream of mine to own a Lamborghini at least once in my life.

Is it easier or harder to date when you have millions? It can be, especially in Miami [*Florida, USA*]. There's actually a saying down here that lots of the women here only look for guys who have money. Fortunately, I have good wits and can usually tell. I'm not too worried about getting married right now.

8 VALENTINE GIFTS THAT ARE *RED-FLAGS* THAT YOU'RE IN A RELATIONSHIP WITH A NARCISSIST!

Besides being a best-selling author, Rebecca Zung is one of the top family law and divorce attorneys in the nation! Married at 19 the first time, she had 3 children by the age of 23 and then was a divorced single mom when she decided to go back to law school. She went from being a single mom, a college dropout, to becoming one the most powerful lawyers in the country at the helm of a multi-million dollar practice. She is now committed to sharing her secrets and empowering others to live their lives at their optimum level of success, professionally and personally.

Rebecca talks to FHM exclusively about what to be on the lookout for gift wise on Valentine's Day that may red-flag things to come and make you reevaluate the type of relationship you may think you are in...

EXERCISE EQUIPMENT OR MEMBERSHIP TO A GYM

While Valentine's Day may be the day to receive sweets from your love, narcissists may take a different path entirely. Instead of saying, "Here honey, here's a box of amazing Swiss chocolates to show how much I love you!", they will give you a gift that's a not so subtle hint. Narcissists are often passive-aggressive. This is a way of giving you a "gift" while also devaluing you by saying you need to lose weight or be in better shape to satisfy their standards.

SOMETHING THEY KNOW YOU HATE

Closely related to the exercise equipment, and perhaps just as heinous is giving you something they know you hate - or have never said you liked at all. Since passive aggression can be a primary method of devaluing you, this is a plum idea for them. So if you detest chocolate, getting you a huge box of Godiva is a perfect gift. For the narcissist, it serves so many purposes and checks so many boxes, that they might even delight in their glee as they are wrapping it for you. It devalues you but also makes them look wonderful and if you complain about it then you don't appreciate them or the great painstaking efforts they went to in order for you to have this wonderful gift of something you can't stand.

TICKETS TO SEE HIS/HER FAVORITE ARTIST IN CONCERT/GIFT CERTIFICATE TO THEIR FAVORITE RESTAURANT, ETC (NOT YOURS)

Happy Valentine's Day! (To Me) - that's what this gift is. This is the kind of thing they try to sell as something they are doing for you to show how wonderful they are. And if you say anything about it then you obviously don't care about them or respect their likes or dislikes. The fight about will become about them. They will now be the victim.

FRAMED PHOTOS OF THEMSELVES

Valentine's Day may be about couples but narcissists will think that you want pictures of them. But even more so, they want to be sure you have pictures DISPLAYED of them out so that everyone in your world can see how much you adore them.

SOMETHING FROM SALE/CLEARANCE RACK

Narcissists hate to spend money on other people. They also hate birthdays and holidays because they aren't getting the attention. So they will often do the bare minimum to show up with a gift for an occasion because they have to. But to rebel against their feeling that they are being forced into doing something for someone else (another thing they hate), they will make sure to show up with something that costs them as little as possible but hopefully doesn't look that way.

SOMETHING THAT ISN'T IN YOUR SIZE

Surprise! Here's a Valentine negligee but oops it's way too big (or too small) for you. Oftentimes narcissists are so caught up in making sure that they protect themselves by 1) making sure you aren't getting too much attention since, in their mind, you deserve none; 2) making sure they don't have to go out of their way too much; and 3) making sure they don't have to spend too much time, money or effort to get you something, that they will grab whatever off the clearance rack and not realize it's not even the right size. The other reason it may not be your size, is because they want to demonstrate passive aggression again - for example, getting you something in a "large" when they know you are a small, just to make you feel like they think you are fat.

A PROMISE OF A GIFT IN THE FUTURE

Narcissists are classic "future-fakers" which means they will promise you the moon for the future, just to pacify you in the present moment. So if your precious sweetie doesn't show up with anything for you for the big day of love but says it's because of money, Covid, or bad traffic, but says you will be getting the best present ever at some point in the future, this is probably a massive red flag. Anyone could at least write a love letter, put together a scrapbook of mementos or plan a picnic.

They may have even just forgotten or are using this as an opportunity to devalue you. Sometimes, they even purposely don't bother to order your gift until the day of or after the big day and say that "it just didn't come in time." Then they hand it to you a week late. So thoughtful!

REGIFTING A PRESENT THEY GOT FROM SOMEWHERE ELSE/SOMEONE ELSE

This goes hand in hand with buying something as cheap as possible or putting as little thought into a gift as possible. Narcissists very much resent having to do anything for anyone else. The more you want them to do something for you, the less they want to do it, too. So if they have a gift laying around that they got from someone else that they have no use for, then why not regift it?

In conclusion, Valentine might be the day of love, but in the case of the narcissist, instead of showering with red hearts, Cupid may end up showering you with red flags. Take heed. Remember the words of the wise Maya Angelou "When someone shows you who they are, believe them - the first time."

FHM

MORE *Miss* Jen Cruz COLE

@missjen_cole
Photography by rosannafaraci

We Aussies know exactly how hot the Australian climate can be this time of year and this February things are heating up past boiling point as we sit with the sultry and sexy Jen Cole. Inside, we discover her more intimate side, learn about some of her life passions, and what her childhood dreams were compared to where she is today! Take a look.

FHM

Welcome Jen, looking good, as always. Growing up, did you always know you'd be such an amazing creator and model or did you have other dreams in mind, something like being an astronaut or winning a Nobel Peace Prize? Amazing creator, I love that. Thank you. I am still definitely growing up, and I hope that never stops. But outer space and living for prizes - no, never been a dream of mind. I think I sort of ran away. Childhood was a bit of chaos, I grew up very fast. I certainly wanted to explore the world, and predicted a life of adventure. I never imagined where I would be today - but I knew there was something more.

Growing up were you more of a girl's girl or a tomboy and what were some of your most favourite things to do? Truth or Dare? Truth: I was a disobedient, straight A student, and independent brat. A professional ballerina, that could throw an NFL football further than the average. All things fashion, a must; with a soft heart that was broken young. Dare: Did someone say challenge? I am most certainly a tomboy at heart. Cliff jumping, climbing, motorcycles - to golf, tennis or pool. Game on and tuff up.

You've got an amazing figure and beauty about you, we're keen to know what you would say is your favourite physical feature about yourself and why? Probably my scars and tattoos. They tell stories. You have to look close to even notice, and to understand, requires a question. Yes, I do love working out, and that I do. I can't say the same for my my very extra chest, as much as I did ask Santa for those year after year, I still love them too.

You're also obviously very attractive, would you say being beautiful can sometimes overshadow or perhaps distract the audience from your work as an artist? I would say that maybe at best 15% of anyone will actually read these answers. But hey, no complaints there. Behind the photos are my ideas and concept that I styled and planned. That is art in itself. I am very proud of this shoot, I out a lot of energy and thought into it.

What would you say is the most surprising thing about you that not many people know? This magazine would end up as thick as 'War and Peace", if I attempted to answer that question. Time tends to reveal its self, stayed tuned, There is a lot more than meets the eye.

Do you have anyone special in your life and could you tell us a bit more? I'm sorry Sir, Mmmmm, NO?

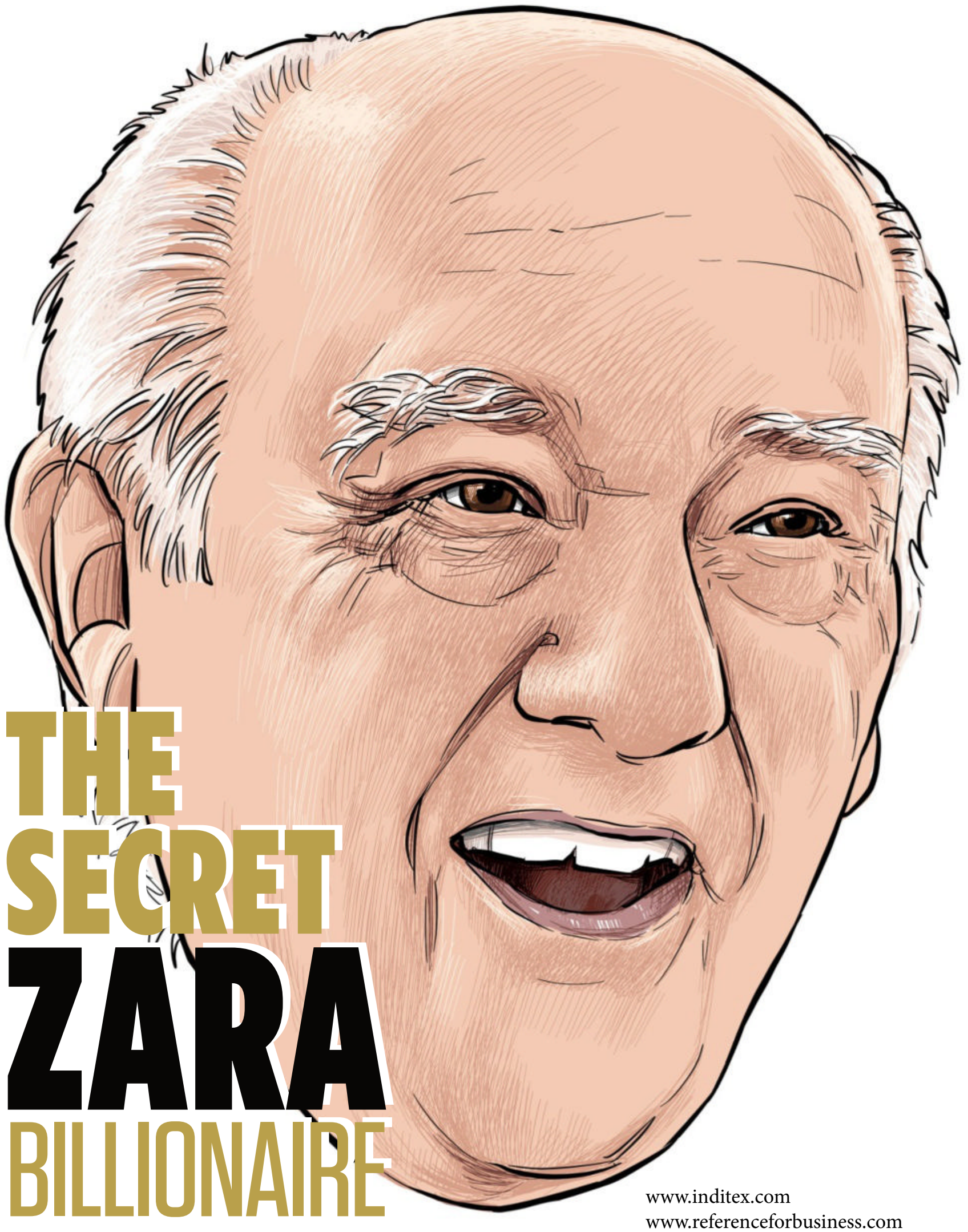
What would you say is the MOST important thing to have in any romantic relationship? I do enjoy sharing naughty thoughts throughout the day. I guess fantasies. Not sure if that's romantic, but craving someone is important to me. That kind of chemistry where you can literally get lost in words. And then when face to face you already have this secret intimacy that you know you are going to have fun.

Do you believe people can find love in today's fast-paced world of dating apps or is the sudden variety and choice killing our chances of finding true love? Unfortunately I have been tainted by massive manipulation and lies, that I trust issues far roo big to even think about that question.

Out of curiosity, have you ever been on a dating site or app and what was the weird experience you've had? Someone that actually looks like their profile picture.

Are you working on any new projects at the moment and could you tell us more about that? This year started out like last year ended . . not so epic. Integrity and kindness go along way tho. I wouldn't say working on a new project - but a collaboration that I know saved my life. Tell more, I can't. I made a promise.

It was awesome having you Jen, do you have any last words for our readers? I can say that, without a doubt 2020 was literally the worst year of my life on record. Thank gosh it is 2021 and a big thank you to FHM for having me, and to my team Rossana, Tahlia and Billy for making magic together and capturing every moment. Certainly not my last words, but ones I believe in, be kind.



THE SECRET ZARA BILLIONAIRE

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When one thinks of the richest people in the world a few names immediately jump to mind. From Amazon's Bezo's to the recently announced richest man in the world, Elon Musk. Also, Bill Gates is always on the list as well as Facebook's founder Mark Zuckerberg. They are figures that are not only the richest men in the world but are also constantly in the limelight. Yet very few people will mention the name Amancio Ortega, one of the mainstays in the Forbes Richest People list and founder of one of the most successful clothing retailers in the world, Zara. The Spanish billionaire is the opposite of the names mentioned above, he is known as a very private and down to earth man who rarely makes public appearances and has shunned the trappings of the wealthy. But how did this humble Spaniard become one of the richest men in the world?

Born on the 28th of March 1936, Amancio Ortega Gaona was the son of a railroad worker and maid. With very little money and struggling to make ends meet, Ortega's parents could not afford to give their son a formal higher education, thus the young Ortega was forced to start working as a teenager to help bring money into the household. Yet it would be this early exposure to work and the textile industry that would set Ortega on his journey to the top. As a 13-year-old, he worked as a delivery boy in La Coruña, Spain, the traditional center of the Iberian textile industry. Working for a shirtmaker who produced clothing for the rich, Ortega would regularly be exposed to a world he has never experienced, the world of the wealthy and well off. He would move on quite quickly from delivery boy to a draper's and tailor's assistant. In seeing firsthand how costs mounted as garments moved from designers to factories to stores, Ortega learned early on the importance of delivering products directly to customers without using outside distributors. He would later employ such a strategy with great success at Zara, attempting to control all of the steps in textile production in order to cut costs and gain speed and flexibility. In the early 1960s, Ortega became the manager of a local clothing shop, where he noticed that only a few wealthy residents could afford to buy the expensive clothes. Thus he started producing similar items at lower prices, purchasing cheaper fabric in Barcelona, and cutting out pieces by hand using cardboard patterns. Ortega then sold his items to local shops; he used the profits to start his first factory in 1963 at the age of 27.

In 1975 Ortega opened his first Zara shop across the street from La Coruña's most important department store; he would become renowned for choosing the best locations for his outlets. Zara was soon reputed for selling quality designer fashions at reasonable prices. The formula had been used successfully by Gap in the United States and Next in Great Britain but was entirely new in Spain; the large Corte Inglés and Cortefiel had controlled the midrange clothing market, but neither appealed to youthful fashion sense. The company's first annual report, which would be produced in 1999, outlined Ortega's goal, stating, "Zara's aim was to democratize fashion. In contrast to the idea of fashion as a privilege, we offer accessible fashion that reaches the high street, inspired by the taste, desires, and lifestyle of modern men and women".

By 1989 Ortega had opened nearly one hundred stores in Spain. Zara became so successful that advertisement was almost never necessary, as word of mouth sufficiently maintained sales; the chain especially depended on frequent repeat customers. Julian Vogel of the public-relations firm Modus told the Guardian, "The girls in the office know that new stock comes in on Tuesday and Thursday and off they go. It's a guilt-free high". Zara merchandise even became acceptable in the world of high fashion. Susie Forbes of British Vogue admitted to the Guardian, "My everyday Vogue life is spent in Zara; 70 percent of my wardrobe is from the store".

Ortega's business ventures eventually led to the formation of Inditex, the holding company he created in 1985 to represent his well-known Zara clothing chain along with other smaller chains. Inditex became the biggest multinational textile company in Spain and among the largest in the world; in the late 1990s, only Gap and Sweden's HM were larger. The company employed more than 12,000 workers worldwide. Zara and other Inditex chains operated branches in Italy, Great Britain, the United States, Latin America, Japan, and Kuwait.

Inditex's success was based on the fast-fashion model, bringing clothing from the design stage to the store in a matter of weeks. Inditex spotters surveyed designs at fashion shows; in-house designers then copied the most promising ideas. The company's manufacturing base and distribution network was capable of pushing new clothes into stores within weeks—up to 12 times faster than the competition. Inditex shipped fewer pieces, in greater variety, and more often, avoiding high inventory costs and the frequent clearance sales common among most fashion retailers. The whole system was computerized, helping Ortega determine when to restock or drop a design; the company produced only what was needed to sell in its shops. The Inditex CEO José María Castellano told Newsweek, "Our structure gives us tremendous advantages over our competition".

Ortega's model seemed to go against the forces of globalization. In the post–World War II era manufacturers increasingly utilized low-wage workers in developing countries. Ortega, however, kept jobs in Spain and showed that speed, flexibility, and low inventories could be just as important in keeping expenses down: while Ortega spent up to 15 percent more on labor costs than did his third-world-employing competitors, he saved by doing almost no advertising, quickly adjusting to fashion trends, and minimizing shipping costs by keeping production close to markets. As such Inditex largely avoided criticism from human-rights activists, since the company did not exploit workers in developing countries.

The Inditex model came to be taught in many business schools, replacing the model that had called for complex global networks that could take nine months to get clothing from the design stage to the store. Observers noted that such a model had the potential to end the losses of jobs in the developed world. John Thorbeck of the consulting firm Supply Chainge commented in Newsweek, "Zara has proven that speed and flexibility matter more than pure price. They've turned the old way of doing business on its head".

Ortega had a reputation as a private and secretive man. He never granted interviews to the media, and the company released very little personal information about its founder and chairman; some in the press referred to the Inditex chief as a "publicist's nightmare." For

decades there was only one known photograph of Ortega in circulation. When the company issued its first annual report in 1999, a new photograph finally appeared. Ortega rarely attended official events. When the Spanish Prince Felipe called on Inditex headquarters, the royal visitor was received by one of Ortega's representatives.

Ortega was also known for being a down-to-earth boss. He never wore a tie to work; indeed his wedding was reportedly the last time he had donned one. He hated working with investment bankers in preparation for the initial public offering of Inditex stock. One banker told the Financial Times, "We could see it was absolute torture for him". Even on the first day of the sale of Inditex stock in 2001, when Ortega became the richest man in Spain, he did not celebrate in grand style. Rather he went to work, watched the news on television for 15 minutes to find out that he had just earned $6 billion, and then ate lunch in the company cafeteria.

The Key Moments of Ortega

1966

He married Rosalia Mera in 1966, the couple divorced in 1986. Mera died in August 2013 at the age of 69. He married his second wife Flora in 2001. He has three children.

1972

In 1972, he founded Confecciones Goa to sell quilted bathrobes, a modest workshop making dresses and quilt dressing gowns for distribution. In ten years, the workforce would grow to more than 500.

1975

In 1975, he opened his first Zara store with his wife Rosalía Mera. Ortega knew the importance of location and always ensured that all Zara stores be opened in strategic locations. This led to the Zara chains building a unique reputation based solely on their location. It was a genius tactic and one that many believe lead to the incredible success of the Zara brand.

1983

Zara expands across Spain with the company

having nine stores in some of the most prestigious shopping districts in Spain's biggest cities. In 1988 and 1989 Zara would open its first international store in Portugal and a year later it's first on American soil.

1997

The Zara brand is now officially worldwide, with over 600 stores in more than 14 territories ranging from Sweden, Israel, France, and Mexico to name a few.

2000

Ortega's public appearance in 2000, as part of the warm-up prior to his company's initial public offering on the stock market in 2001, made headlines in the Spanish financial press. However, he has only ever granted interviews to three journalists.

2009

In 2009, Zara was part of the Inditex Group (Industrias de Diseño Textil Sociedad Anónima), of which Ortega owned 59.29%, and aside from over 6,000 stores including the brands Zara, Massimo Dutti, Oysho, Zara Home, Kiddy's Class, Tempe, Stradivarius, Pull and Bear, Bershka and has more than 92,000 employees.

2011

In 2011, Ortega announced his imminent retirement from Inditex, the parent company of the Zara chain, stating that he would ask Inditex vice-president and CEO Pablo Isla to take his place as head. In 2012 Ortega donated about €20 million to Caritas Internationalis, a Roman Catholic relief organization.

2017

In July 2017, for its second edition of the AEF awards, the Spanish Association of Foundations awarded Amancio Ortega in the 2017 Philanthropic Initiative category. He also donated 300 million euros to fight cancer across Spain, which was invested in the purchase of 440 machines to detect the disease. As a result of this, the number of Spanish public hospitals equipped with stereotactic radiotherapy machines has risen from 20 to 70. However, these decisions were not unanimously welcomed and were criticized by some political parties like

Podemos. Recently, news indicates that he has bought the Troy Block complex, known to the public as one of the buildings where Amazon Seattle has its headquarters.

2019

It was revealed in July 2020 that Ortega's property holdings, through his investment company Pontegadea, were worth $17.2 billion. Ortega is the executive chairman of Pontegadea, and real estate assets in his portfolio include Manhattan's Haughwout Building and Southeast Financial Center. In 2019, the company completed a $72.5 million deal for a downtown Chicago hotel, which followed purchases of a building in Washington's central business district and two Seattle office buildings.

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